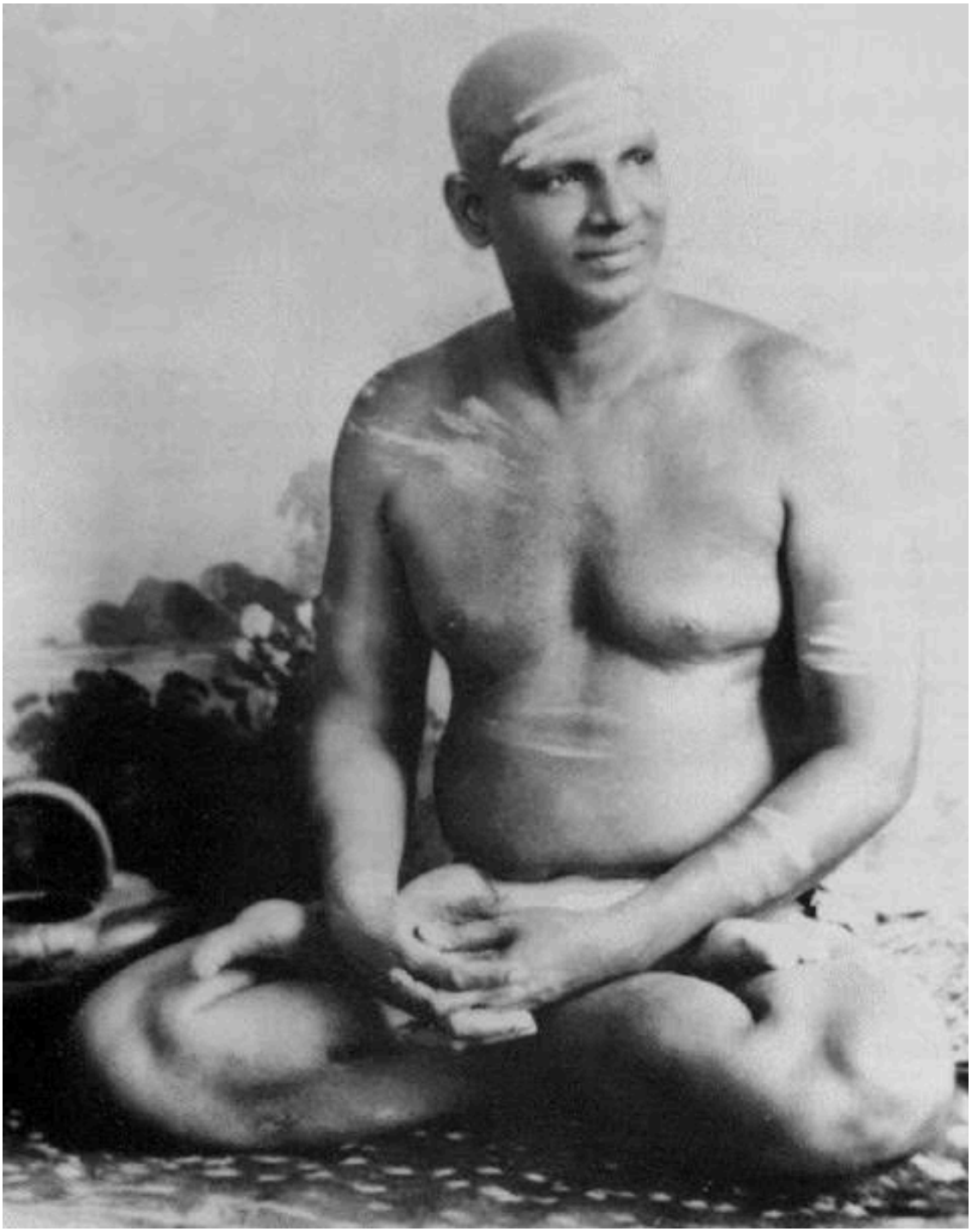

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PUBLISHERS' NOTE

Patent drugs were heavily guarded by trade secrets; and the "Grandmother's• remedies" were denied the wings of publicity. The Common Man, the Poor Man, had access to neither. Therefore, he had to pay a heavy penalty in the form of money (if he purchased the costly patent drugs) or of his own life, often, if he could not afford the expenditure.

From the very early days of his service to humanity, as a doctor, Sri S'.' Swami Sivananda (then Dr. Kuppuswami) had a burning passion to make available to all, the trade secrets of the few. As the Editor of "Ambrosia" in those days, he would publish cheap house-hold remedies, easy, simple and cheap remedies for common ailments; and thus brought healing to all.

After renouncing the world, embracing Sannyasa and rising by the acquisition of Self-knowledge to be a World Teacher, Swami Sivanandaji has revealed the humanitarian trait in all fields of knowledge—all secrets he has revealed, and he has placed within the reach of all the highest truths of Yoga and Vedanta. Never has he neglected to take the human body into account; and his books on health and healing are as popular as his works on Yoga and Vedanta. The present one bringing, as it does, health and healing to the very kitchen of every man, would, we are certain, be welcomed by all.

—THE DIVINE LIFE SOCIETY

PRAYERS

Repeat the following two Slokas beforetakingany medicine; and the medicine will acquire the healing power of the Lord's Grace.

शररीर रेजजरर्जरीभतभ रेववव्याधधिग्रसत रेकलवरेररे !

औषधि जव्याहह्नववी ततोव यंवदवैवतो ह्नव्यारव्यावणतो हररिः !!

Sareere Jarjareebhute Vyaadhigraste Kalevare;

Aushadam Jahnavi Toyam Vaidyo Narayano Harih

When the body is in the grip of disease and old age, Ganga-water is the medicine and Lord Narayana, the doctor.

अचवतचव्याह्नतयंव्यागतोववननव्याह्नव्यामतोचचव्यारणभषरेजव्यात; ।

ह्नशवननत सकलव्यारतोग: सतव यंसतव यंवनव्यामवहम म।।

Achyutananta Govinda Namochchaarana Bheshajaat;

Nasyanti Sakalaa Rogaah Satyam Satyam Vadaamyaham.

I declare this as a great truth: by the great remedy of repeating "Achyuta, Ananta and Govinda" all dis-eases perish.

MANTRA FOR GOOD DIGESTION

After taking food,movethepalmsofthehandonthestomach and repeat the Mantra given below:

अगसतवमकचमभकण र्णंच शनह्न यंच बडवह्नलव्याम

भतोजह्न पचह्नव्यारव्यावर्ज समरधिरेवीमचवैव रेपचयंमयं

Agastyam Kumbhaharnamcha

Sanimcha Badavanalam;

Bhojanam Pachanarthaya

Smaremchadbheema Panchamam.

One should well remember for the purpose of digesting the food the following five persons: Agastya, Kumbhakarna, Shani, Badavanala and Bhima.

VEDANTIC FORMULA FOR HEALTH

Anamayoham Advaitoham

I am diseaselessandnon-dualBrahman.

Deho Naham,JeevoNa-aham

Pratyag-abhinna Brahmaivaaham.

I am not thisbody;thisbodyisnotmine.

I am all-pervadingBrahman.

I am AvinasiBrahman

I am indestructibleAtman

I am deathlessBrahman

I am AnamayaAtman

I am diseaselessAtman

Soham Sivoham

SatchidanandaSvarupoham

I am Existence-Knowledge-Bliss

HOME REMEDIES CHEST

(Chief drugs used. Readymade packets to be kept)

(Vide chapter II)

1. AJOWAN 2. AMLA 3. BLACK PEPPER 4. BLACK SUGAR (Purana Gud) 5. BORAX 6. CAMPHOR 7. CARDAMOM 8. COMMON SALT 9. FRESH GINGER 10. COW'S GHEE 11. HING (Asafoetida) 12. HONEY 13. HARAD

14. JIRA (Cumin seeds)

15. LONG PEPPER

16. LEMON

17. COW'S MILK

18. MUSTARD OIL

19. NEEM

20. SUGAR

21. SUGARCANDY

22. SENDHA NIMAK (Rock Salt)

23. SONTH (Dried Ginger)

24. SONF (Anise)

25. TURMERIC

26. TULASI

INTRODUCTION

Everyone should possess an elementary knowledge of the "Bazaar Drugs." Even an elementary knowledge of the "Bazaar. Drugs" will go a long way in alleviating human suffering and saving valuable lives. All cannot afford to pay the doctor's bill and purchase costly patent medicines. The results achieved by "Chamberlains Cough Remedy" or "Venos Lightning Cough Cure" can be very easily obtained by a decoction of the vegetable Ladies Finger at the cost of a few cents, or a lozenge made out of black pepper, sugarcandy, liquorice and honey.

Nothing can equal the 'Bazaar Drugs' in helping the layman to become his own doctor. The recipes given herein are very cheap preparations from the pecuniary viewpoint; but they are the most efficacious ones from the health-point. What one hopes to get by spending very many rupees from the bottled goods available with Chemists and Druggists, one can easily get more than that by mixing a few articles commonly used in the kitchen and that too within a short time.

This book, a portion of which originally appeared in the journal 'Health and Long Life' published by the Divine Life Society, supplies a handy list of over two hundred very useful, practical, potent prescriptions made out of the articles which are commonly used in the kitchen. They are very good prescriptions for any illness—from a slight headache to severe typhoid.

The digestive powders and drinks can be used by all daily. Other recipes can be kept ready in stock for emergency use. Long keeping of these preparations will not spoil them. The appendix to the book will give you a list of more commonly used articles in this book. You can maintain a home ready box containing those precious ones. Even if you don't keep them, they are readily available with your provision stores. A few rupees will give you the best cure if intelligently spent in these recipes.

In places where there are no dispensaries, "Bazaar Drugs" will come to your help, and guide you like an able Family Physician.

Prakriti or Mother Nature has been very, very kind and beneficent. She has placed valuable potent herbs and plants at your backyard, immediate neighbourhood and garden. Make use of these herbs and be healthy and strong.

Equip your household, domestic, medicine chest with preparations like dysentery powder, diarrhoea pow-der, cough lozenges, constipation powder, pills, etc. Your whole family will be immensely benefited.

Rural dispensaries can give you a great deal of medical relief at a very little cost, if "Household Remedies" or Bazaar medicines are intelligently, judiciously and largely used.

In the Medical Schools and Colleges in India, Europe and America, the students should get a knowledge of Indian plants, herbs and drugs during their course of study of Matcria Medica. There is great potency or potentiality in Indian herbs and plants. Many plants have very great therapeutic value.

Many Ayurvedic Pharmacies are already manufacturing a variety of valuable preparations out of Indian herbs and plants. Still big manufacturing and pharmaceutic chemists are needed in India and the whole world at large who can make and standardise preparations and put them on the market.

Free India should start now many Ayurvedic laboratories in different parts of India to manufacture various Ayurvedic preparations and send them to different parts of the world and should have Ayurvedic conquest. Ayurveda will surely have triumph over other systems of medicine as the preparations are very potent, cheap and produce lasting effect and permanent cure.

A doctor should have a very large Vedantic heart and broad tolerance. He should see good in every system of medicine. He should welcome the good from each system and utilise it in the treatment of his patients. Every individual has a peculiar temperament. Allopathic drug that suits one temperament will not be suitable to another person. Homeopathy suits X, Allopathy suits Y and Ayurveda suits Z. And as such a synthetic doctor can do more good to the patients by taking recourse to different systems. Every doctor should have a synthetic knowledge of all systems. Every doctor should have a perfect knowledge of the Indian plants and herbs and the Household Remedies or Indian Bazaar drugs.

In olden times Indian grandmothers had good knowledge of Household Remedies. They were good family physicians.

People have forgotten the intrinsic health value of these remedies. The grandma at the house has proved her-self worthy of veneration by rearing the young ones on a healthy diet and sane health-principles— periodical purgatives with a decoction made of rose petals, ginger (dried), Munakka (grapes), Tippili, etc., twice-a-week oil baths at tended by Svarasams, Omum water for daily drinking with some digestive Choornas for taking just after meals and very good digestive, liver-toning powders for mixing with rice along with our meal. These kept the people from dis-eases and made them ever-active and ever-energetic.

Today with the onslaught of Mayaic civilisation, conditions have totally changed. The grandma is no more regarded as your well-wisher and home-physician. No one listens to her advice when she says take this for headache or take that for indigestion, so on and so forth. People flock to the modern medical

stores under the impression that ginger and pepper are good only to taste but have no medicinal properties. They shun these well-wishers. `Sweet-meats available at the bazaar do taste sweeter than the home-made ones', is a child's fancy. 'The neighbour's property is always tempting', is the law of the world that is deluded by Maya. So too, injection tubes and tablets arc more attractive than the homely drug-foods!

Present-day Indian women also should possess a knowledge of the herbs and plants. Then they can attend well to the health of their families.

It is hoped that this handy book will be of great help to the householders, rural doctors and the general practitioners as well.

Glory to the Ayurvedic Rishis of India like Charaka, Sushruta, Dhanvantri and others!

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Chapter I

DIVINE HEALING

1. THE NAME OF THE LORD

The Name of the Lord is a sovereign specific, a sheet anchor, an infallible panacea and a cure-all for all diseases including Adivyadhi, the disease of birth and death. It is an ideal or supreme 'pick-me-up' in gloom and despair, in depression and sorrow, in the daily battle of life or the struggle for existence.

There is a mysterious power in the Name of the Lord. All the divine potencies are hidden in the Lord's Name. It is a cream or the quintessence of Chyavanaprash, Makaradhvaja, Svarna Bhasma and of all patent medicines and injection tubes available in the market.

You can take this medicine of Nama Japa yourself for curing any disease. Be one rich or poor, high or low, one can always take to Namopathy wherever and in whatever condition one may be. You can administer this medicine to other patients too in your house or else-where. Sit by the side of the patient and sing the Mahamantra, or chant the Mahamrityunjaya Mantra or Om Namah Sivaya or Om Namo Narayanaya. Do this treatment for two hours daily in the morning and evening. You will find the miraculous effect within a short period.

The real doctor is Lord Narayana. Lord Dhanvantari, the Physician of the three worlds (who ex-pounded the Ayurvedic system of medicine), has him-self declared, "By the medicine of the repetition of Achyuta, Ananta, Govinda, all diseases are cured.... this is my definite and honest declaration."

2. MAHAMRITYUNJAYA MANTRA

ॐ त्रवमबक यंवजव्यामह रेसगचधयंधिमपनचषष्टिवधिह्नर्जम

उवव्यारुर्जकममव बनधिह्नव्याह्न मतमवीवमोव्याभर्तम्व्यात

Om trayambakam yajaamahe sugandhim pushti vardhanam,

Urvaarukamiva bandhanaan mrityormuksheeya maamritaat.

Meaning

We worship the three-eyed One (Lord Siva), who is fragrant and who nourishes well all beings. May He liberate us from death for the sake of Immortality even as the cucumber is severed from its bondage (of the creeper?)

This Mahamrityunjaya Mantra is a life-giving Mantra. In these days, when life is very complex, accidents are an every-day affair, this Mantra wards off deaths by snakebite, lightning, motor accidents, fire accidents, cycle accidents, water accidents, air accidents and accidents of all descriptions. Besides, it has a great curative effect. Again diseases pronounced incurable by doctors are cured by

this Mantra, when chanted with sincerity, faith and devotion. It is a weapon against all diseases. It is a Mantra to conquer death.

It is also a Moksha Mantra. It is Lord Siva's Mantra. It bestows long life (Dirgha Ayush), peace (Santi), wealth (Aisvarya), prosperity (Pushti), satisfaction (Tushti) and immortality (Moksha).

On your birthday, repeat one lakh or at least 50,000 of this Mantra, perform Havan and feed Sadhus, the poor and the sick. This will bestow on you life, peace and prosperity.

3. **MAHAMANTRA**

हर रेरव्याम हर रेरव्याम, रव्याम रव्याम हर रेहररे;

हर रेकमषण हर रेकमषण, कमषण कमषण हर रेहर।रे

Hare Rama Hare Rama, Rama Rama Hare Hare;

Hare Krishna Hare Krishna, Krishna Krishna Hare Hare."

The Glory of Mahamantra in which the Name of the Lord is repeated sixteen times is beyond all human conception. In the Kali-Santarana-Upanishad, to a question put by Sage Narada, Brahma, the Creator, replies: "Hearken that which the Srutis keep as a hidden secret, by which one may cross the Samsara in Kali Yuga, the Iron Age. One can shake of evil effects of Kali through the mere uttering of the Name of Lord Narayana.... The sixteen names destroy, doubtless, the evil effects of Kali, removes the veil of ignorance that covers the Jiva and blesses with Sayujya."

Repeating this Mantra 35 million times, shakes off the bondage of birth and death.

4.**SURYA MANTRA AND SURYANAMASKARA**

The Vedas and Upanishads speak of Surya the pre-siding deity over the sun, as Pushan, the Nourisher. Surya or the sun-god is the source of all cosmic energy. Life is possible in this earth only on account of the energy and nourishment derived from Surya.

Doing Suryanamaskara at sunrise is an excellent tonic for enjoying an all-round good health. My book on `HATHA YOGA' exhaustively deals with this subject. Those who are not in a position to do the Suryanamaskara may repeat the

Suryasloka and the twelve names given below in addition to reading Aditya Hridaya and observing a fast on Sundays.

This helps a man to be free from all stomach com-plaint which is the root-cause for very many diseases.

Prayer

I always adore Surya, the sun, the beautiful Lord of the world, the immortal quintessence of Vedanta, the auspicious, the absolute Brahmic knowledge, the Lord of the gods, the ever-pure, the one true Consciousness of the world, the Lord of Indra, of the gods and of men, the Preceptor of the gods, the crest-jewel of the three worlds, the very heart of Brahma, Vishnu and Siva, the giver of light.

Dhyana

The shining golden orb dazzles my vision of Thine; 0 Sun! soothen it so that I, who am devoted to the Truth, may behold Thee.

0 Sun! the offspring of Almighty, the lonely Courser of heaven, the controller and the supporter of all, soothen Thy rays, mellow Thy light; through Thy grace, I behold the most blessed form of Thine; I am in-deed He, that Being, who dwells there.

— (1sha. Upa. 15-16)

1.ॐ ममत्रव्याए ह्लम : = Prostration to Him who is affectionate to all.

2.ॐ रवव रेह्लम: = Prostration to Him who is cause for change.

3.ॐ सवभव्यावर्ज रेह्लम:= Prostration to Him who induces activity.

4.ॐ भव्याह्लव रेह्लम:= Prostration to Him who diffuses light.

5.ॐ खगव्याव ह्लम:= Prostration to Him who moves in the sky.

6.ॐ पषभण रेह्लम:= Prostration to Him who nourishes all.

7.ॐ हहरणवगभव्यावर्ज ह्लम:= Prostration to Him who contains everything.

8.ॐ मररीचव रेह्लमरिः= Prostration to Him who possesses rays.

9.ॐ आहनतवव्याव ह्लमरिः = Prostration to Him who is God of gods.

10. ॐ सववत्र रेह्नमरिः= Prostration to Him who produces everything.

11. ॐ अकव्यावर ह्नमरिः Prostration to Him who is fit to be praised.

12. भव्यासकरव्याव ह्नमरिः Prostration to Him who is the cause for lustre.

5. OM SRI ASVINIKUMAARAABHYAM NAMAH

ॐ शवी यंअनशवह्नवी कचमव्याह्नस्यसिव्या यं

Repeat this Mantra daily in the early morning atleast 108 times. This will bestow good health and longevity.

The Asvins are twins born of Lord Surya to His wife Samjna Devi. They are famous in the Hindu pantheon as the twin physicians who attend upon the Devas and others in the celestial region.

6.OM SRI DHANVANTARAYE NAMAH

ॐ शवी यंधिनवनतरव रेह्नमरिः !

Lord Dhanvantari, the Grandsire of Ayurveda, is an Avatara of Lord Narayana. He came out of the Milky Ocean when the Devas and Asuras churned it for obtaining Nectar. Repetition of His Name will free us form all ills. Do japa of this Mantra daily 108 times or more, if possible.

Chapter II

DIGESTIVE POWDERS AND DRINKS

1.A.H.H.S DIGESTIVE CHOORNA

1.	Re: Ajovan	Powder 2 drachms
	Asafoetida (Hing)	Powder 2 drachms
	Chhoti Har (Chebulic Myrobalam)	Powder 2 drachms
	Sendha Nimak (Rock Salt)	Powder 2 drachms

Mix: Keep it in a stoppered bottle. Dose: 30 grains or half a teaspoonful with hot water after food. This is a Pachak and Deepak and carminative. This improves digestion, increases appetite, expels wind from the bowels and augments the digestive fire.

This is useful in dyspepsia, indigestion, anorexia or loss of appetite, tendency to vomit, flatulence or wind in the bowels, colic, etc.

2.	Re: Coriander seeds, fried and powdered	½ oz.
	Cardamom powder	½ oz.
	Cumin, fried and powdered	½ oz.

Dose: 1 teaspoonful after food. This is a very good digestive powder. This is useful in dyspepsia or indigestion, biliouness, vomiting, anorexia and flatulence. Coriander seeds (the seeds of Coriandrum Sativum) possess aromatic, carminative and anti-spasmodic properties. They contain a volatile oil.

3.	Re: Jira (Caraway)	2 drachms
	Sendha Nimak	4 drachms
	Sonth (dried ginger)	2 drachms
	Sonf (anisee)	2 drachms
	Ajovan (carom)	2 drachms
	Harad (Myrobalan)	2 drachms
	Hing (Asafoetida)	16 grains

Powder and mix. Dose: 1 teaspoonful after food with hot water.

4.Re: Rock salt (Sendha Nimak)

Cumin seeds (Jira)

Ajovan seeds

Black pepper (Kala Mirch)

Long pepper (Pipul)

Dried Ginger (Sonth)

Asafoetida (Hing)

Cardamom (Ilaichi)

Powder equal parts of these separately, strain and mix.

Dose: 10 grains:

5. Re: Black pepper

Long pepper (Pipul)

Rock salt

Dried Ginger

Cumin seeds

Powder equal parts of these separately, strain and mix.

A very good digestive powder.

Dose: ½ to 1 teaspoonful: 30 to 60 grains.

6.Re: Rock salt (Sendha Nimak) one drachm

Ajovan seeds (omum) one drachm

Asafoetida (Hing) ½ drachm

Dose: 10 grains after food. Useful in dyspepsia or indigestion, intestinal colic.

7. Re:

Black salt(kalaNimak)	5 gr.
Black pepper (kalaMirch)	3 gr.
Dried Ginger powder (Sonth)	3 gr.

Make into one powder. Dose: 1 powder after food.

8. Re:	Black salt (kalaNimak)	3 gr.
	Asafietuda (Hing)	1 gr.
	Black pepper (kala Mirch)	3 gr.
	Dried Ginger (Sonth	3 gr.

Make into one powder. Dose: 1 powder after food.

9. Re:	Ani-seed(Sonf)	1 oz.
	Caraway (Jira)	1 oz.

Parched. Dose: 1 teaspoonful after meals.

10. DIGESTIVE VATI

Re:	Dried Ginger powder (gently fried)	½ oz.
	Black Sugar (Jaggery)	1 oz.

Mix well.

Dose: 16 grains before or after food.

It is digestive, increases the digestive fire (agnivardhak), Mukha-sansodhak (purifies the mouth.)

11. JIRA PANI (CARAWAY WATER)

Re:	Jira (Cumin Seed)	4 teaspoonfuls
	Boiling water	12 ounces

Strains and cool. Dose: 2 tablespoonfuls.

A very good digestive, stomachic.

Chapter III

HEALTH-GIVING DRINKS AND TONICS

1.ANETHI WATER

This is useful in increasingthemilkinnursingmothers.

2. A COOLING DRINK

Re:	Barley water	20 oz.

One limecutinpieces	
Sugar	1 oz.

This is a coolingdrinkindiarrhoea,dysentery,fever,etc.

3. LAXATIVE

Re: Senna leaves	2 tablespoonfuls
Dried Ginger	30 grains
Cloves	30 grains
Rose petals	1 ounce
Boiling water	10 ounces

Allow to stand for 1 hour, strain and drink.

4. GUDUCHI SVARASAM

Re: Guduchi juice (Svarasam)	¼ tola
Honey	2 teaspoonful

Buddhivardhak, febrifuge (Jvarahari), antiperiodic, alterative, blood purifier, bitter tonic, Tridosha prasamak (keeps the three Doshas is condition), aphrodisiac (veeryavardhak), removes excessive thirst. Useful in debility after fever, secondary syphilis, jaundice, spermatorrhoea, dysuria (burning in the urine), and Hridaya Roga (heart disease); gives strength to the heart. Useful in cough, asthma, worms in the bowels, piles, leprosy, chronic fever, constipation, diabetes and other wasting diseases.

5.BALA DECOCTION

Re: Bala	1 tola (y2 oz.)
Water	8 ozs

Boil. Reduce to one-fourth. Add 5 or 10 grains (one or two pinches) of long pepper or Trikuta Choorna, or you can add milk and sugar. It will be an agreeable, soothing beverage.

It is a nervine tonic. It removes pain in the body. It is useful in flatulence or wind in the bowels. It is a vehicle or Anupana for other medicines, such as pills. It destroys the poison in rheumatism and fevers. It is useful in spermatorrhoea. It is an aphrodisiac (Veerya vardhak; Dhatu pushti).

6.**BHENDI DECOCTION**

Re: Fresh Lady's finger (Bhendi)	3 ounces
Water	20 ounces

Boil for twenty minutes. Strain and sweeten to taste.

This can be taken as an ordinary drink. It is beneficial in fevers, catarrhal conditions, irritable state of the bladder and kidneys, gonorrhoea, and in all cases attended with scalding pain and difficulty in passing urine. The urine increases in quantity under its use.

7. **DECOCTION CORIANDER**

Re: Coriander seeds (Dhania)	1 ounce
Water	20 ounces

Boil for 15 minutes. Strain. Dose: 4 ounces, thrice daily. Useful in flatulence or wind in the bowels, indigestion and biliousness.

8.**CORIANDER-AMLA INFUSION**

Re: Coriander, gently fried	48 grs.
Amla powder	48 grs.
Honey	1 teaspoonful

Soak these in four ounces of water overnight.

Strain this in the morning and take with a spoonful of honey.

Useful in one-sided headache, and giddiness.

9.**CORIANDER-TULASI DECOCTION**

Re: Coriander	½ oz.
Tulasi	10 leaves

Water	8 ozs.

Boil for two minutes. Strain.

Take a tumbler of hot deocoction during fever.

It relieves thirst, produces perspiration and reduces fever.

10.**BRAHMI TEA**

Re: Brahmi Leaf, dry	2 teaspoonfuls
Boiling Water	2 cups (8 ozs.)

Make an infusion like tea. Add milk and sugar.

This is a brain tonic. It improves memory. It develops the power of speech. It is useful in epilepsy.

11. **DRAKSHA TEA**

Re: Draksha (Dried Grapes, Munakka)	3 tolas
Boiling Water	8 ozs.
Honey	2 teaspoonfuls

Soak the Draksha in boiling water. Crush them. Strain. Add honey. Instead of honey, you can add milk and sugar.

It is very cooling, mild laxative, tonic and refrigerant. It removes thirst. It is useful in fevers. It reduces temperature. It is a diuretic. It increases the flow of urine. It is a nutritive. It is beneficial in diabetes, consumption, anaemia or poverty of blood. It is useful in disorders of liver in children and Mutra Krichra (difficulty in passing urine).

12.**SARASAPARILLA TEA**

Re: Hemidesmus root (sariva) bruised	1 oz.
Water	10 ozs.

Boil for 15 minutes. Strain. Add milk and sugar.

This is a blood tonic for pale people and pale children. It is useful in general debility, skin diseases, consitutional syphilis, indigestion, and loss of appetite.

There are two varieties, black and white. Black is preferable. This is a healthy substitute for tea and coffee.

13.**TULASI TEA**

Re: Fresh Tulasi leaves	20
Balck pepper	10 grains
Dried ginger	10 grains
Milk	4 ounces
Sugar	sufficient quantity
Water	1 tumblerful

Make a decoction.

Boil the leaves and the powder of pepper and ginger for 5 mts. Strain. Add milk and sugar to taste.

Useful in cold in the head and nose, malarial fever, ordinary fevers, indigestion etc. If you cannot get fresh Tulasi, you can use dried Tulasi leaves.

14.**BALA TONIC**

Re: Bala (take the Panchang, leaf, flower, root, bark, seeds and make Svarasa)	1 oz.
Cow's milk	4 oz.
Sugarcandy	1 oz.
Pepper	1 gr.
Cardamom	1 gr.

In place of sugarcandy you can use honey ½ oz.

Veerya and Balavardhak, Pushtikar; gives energy, strength, Ojas and thickens the semen. It is a tonic, useful in spermatorrhoea and wet-dreams.

15.**BLOOD TONIC**

Re: Sarsaparilla root (Anantamul)	1 ounce
Water	10 ounces

Put the bruised root in the water, boil for one hour and strain. Add sugarcandy to taste.

Dose: 2 ounces daily twice.

16. **BRAHMI TONIC**

Re: Brahmi leaves (Soak it in water over night with five almonds). Pepper	1 oz.
Cardamom	4 grs.
	4 grs.

In the morning make a paste, dissolve in water and filter.

Add Cow's milk	
Water	
Sugarcandy or Honey	

Take this in the morning. This is a very good brain tonic, Buddhivardhak, Ojaskar; cools the system. It is useful in loss of memory, epilepsy. It develops the power of speech in those who have a defective speech.

	4 oz.
	4 oz.
	1/2 oz.

17. HEART TONIC

Re: Arjun Bark juice, fresh	1 oz.
Honey	2 teaspoonfuls

You can use sugarcandy also instead of honey.

To be taken twice daily on an empty stomach.

It is a cardiac tonic, useful in blood pressure, dis-eases of the heart and palpitation. Strengthens the heart.

18.LIVER TONIC

Re: Ammonium Chloride	10 gr.
Syrup of Orange	2 dr.
Infusion of Senna (Sonamukhi)	1 oz.

Dose: Take this twice daily.
Useful in congestion of liver, torpidity of liver. This promotes bile.

19.A NUTRITIVE AND NERVINE TONIC

Re: Asvagandhi	80 grs.
Sugar	1 teaspoonful
Ghee	1 teaspoonful

Mix. Take twice daily.

You can take this with milk and sugar also. It is a nervine tonic in nervous breakdowns after fevers and other diseases. It is beneficial in general debility and weakness. It builds up the tissues. It is useful in epilepsy, hysteria, etc. The root is used. It is well cleaned in boiling milk, dried and powdered. There is a confection of Asvagandhi also.

20.A TONIC

Re: Sugar	1 teaspoonful
Cow's ghee, fresh	2 teaspoonful

To be taken in the early morning.

Veeryavardhak, Balapradayak.

Gives seminal energy and strength. It increases sperm (Veerya), gives Dhatupushti.

Chapter IV

CHOORNAS AND CONFECTIONS

1. BALAVARDHAK CHOORNA

Re: Pure Vanslochana (Mungilluppu)	16 grs.
Honey	2 teaspoonfuls

To be taken twice daily on an empty stomach. Useful in consumption, cough, asthma, chronic fever, leprosy; Veerya and Bala Vardhak, Ojaskar, Saktiprad; gives strength to the heart. It is tonic and tissue builder. It is cooling, relieves thirst, purifies urine.

2.BILVAPATRA CHOORNA

Re: Bilvapatra powder	Grs. 24
Asvagandhi powder	Grs. 12
Vamsiochan	Grs. 12

Mix. Take this with butter twice daily. Balavardhak, Veeryavardhak, Shaktiprad, Ojaskar; gives strength, sexual vigour, lustre, nutrition. Useful in wet-dreams, spermotorrhoea, diabetes.

3. CINNAMON CHOORRNA

Cinnamon	Grs. 24
Honey	2 teaspoonfuls

Mix. Useful in hoarseness of voice, cough and sore throat.

4.**ELACHI CHOORNA**

Re: Cardamom Powder	1 teaspoonful (1 drachm)
Ajovan powder	1/2 teaspoonful (1/2 drachm)
Black Pepper Powder	1 teaspoonful (1 drachm)
Dry Ginger Powder	1 teaspoonful (1 drachm)

Ajovan, black pepper and ginger must be lightly fried. Dose: teaspoonful, twice daily before food with honey or hot water. Carminative, digestive (Pachak), Deepak (brightens the digestive fire), mild laxative and Mala Sodhak. Useful in indigestion, flatulence, colic, cough, cold, vomiting, anorexia.

5. **GOKSHURADI CHOORNA**

Re: Gokshura (Nerinjil)	Grs. 24
Seetal Cheeni (cubes)	Grs. 12

One powder. Take twice daily with hot water. It is a non-irritant, diuretic, urinary antiseptic. It is useful in sperrnatorrhoea, gonorrhoea, difficulty in passing urine, burning sensation in urine.

6.**G.P.T. CHOORNA**

Re: Dried Ginger (Sont)	4 drachms
Powder	4 teaspoonfuls
Black Pepper (Marich) Powder	4 teaspoonfuls
Turmeric (Haldi) Powder	4 teaspoonfuls

Powder the drugs separately. Then mix. Keep it in a stoppered bottle. Dose: teaspoonful with hot water, twice daily. Useful in cough, bronchitis, synovitis, rheumatism of joints, lumbago, pain in the hips.

7.**HARITAKADI CHOORNA**

Re: Bark of Myrobalan	40 grs.

Senna Powder Dried	48 grs.
Ginger Powder Black	24 grs.
Pepper Powder	24 grs.

Dose: 1/4 tola or 24 grains, twice daily, with hot water or honey on an empty stomach. Useful in headache, Vatam or rheumatism, cough and constipation. It is a Deepak (increases digestive fire), Pachak (digestive), and Rakta Sodhak (blood purifier).

8. HINGVADI CHOORNA

Re: Hing (asafoetida) Dried	16 grs.	1
Ginger powder Black	teaspoonful	1
Pepper powder Long Pepper	teaspoonful	1
powder White Jeera powder	teaspoonful	1
(cumin) Black Jeera powder	teaspoonful	1
Ajovan Seeds powder Black	teaspoonful	1/2
Salt powder	teaspoonful	2
	teaspoonful	

All except salt must be gently fried separately and then mixed. Dose: Y2 teaspoonful, twice daily with hot water before food or after food. Useful in flatulence (wind in bowels), intestinal colic, diarrhoea, indigestion, vomiting, distaste for food.

9.INDRAJOW CHOORNA

Re: Indrajow (Kutaj Beej) powder (lightly fried)	30 grs.
Honey	2 teaspoonful

Useful in chronic dysentery, diarrhoea, vomiting, pain in the stomach, piles, leprosy, erysipelas (visurpa). It is a Jvaranasak, useful in fevers.

10.JVARAHARA CHOORNA

Re: Chirayata Powder	24 grs.
Sivlingi Powder	12 grs.
Kutki Powder	12 grs.

Mix. One powder. To be taken twice daily with hot water.

Useful in malaria, typhoid fever, influenza, pro-motes perspiration (swetaprad), diaphoretic.

11.**KRISHNA VASAKA CHOORNA**

Re: Krishna (black) Vasaka choorna	24 grs.
Honey	2 teaspoonfuls

Mix. One powder. One powder twice daily.

Useful in asthma, cough, consumption.

12.**A LAXATIVE POWDER**

Re: Kala Dana (black seed) in powder	1 drachm
Powdered dry ginger (Sont)	10 grains

Dose: With hot water in the early morning. A mild laxative.

13. **MYROBALAN LAXATIVE**

Re: Big Myrobalan (Harithaki)	
Powder	1/4 to 1 tola (1 teaspoonful).
Honey	1/2 oz.
Luke warm water	4 oz.

Grind the powder with water. Strain, add the honey and drink it in the early morning.

This is a very good, mild, harmless laxative.

14.**NAGAKESAR CHOORNA**

Re: Naga Kesar Powder	20 grs.
Honey	2 teaspoonfuls

It can be taken with sugarcandy and butter also. To be taken twice daily on an empty stomach. This is cooling. Carminative and aromatic. Useful in difficulty in passing urine (dysuria or Mutra krich); burning sensation (Mutra-agad). It is a mild febrifuge (jvara nasak). It is useful in fever. It is useful in bleeding piles and dysentery with blood. It is beneficial in spermatorrhoea and leucorrhoea. It is useful in itch, vomiting, leprosy, Visarpa (erysipela). It is svetaprad

(diaphoretic, causes much sweating). It is an ingredient in Chandraprabha, Chyavanaprash, Brahmacharya Sudha, Dasamularishta.

15.**NIM BARK POWDER**

Re: Nim bark powder	1/2 teaspoonful
Cinnamon powder	10 grains
Sugar	1 teaspoonful

Make one powder. Take twice daily.

This is a bitter tonic. It purifies the blood and improves appetite. This is an anti-periodic in fevers, malaria. This is an astringent too. This is beneficial in thread worms, ascaries lumbricoides. The Latin name for this is Azed Dirachtae Indica. There are two official preparations, viz., Infusion, dose: ½ ounce and Tincture, ½ to 1 drachm.

Nim renovates the whole system and rejuvenates. It is a Kalpa.

16.**PIPPALI CHOORNA**

Re: Pippali (Long Pepper) powder	10 grs.
Honey	2 teaspoonfuls

To be taken twice daily on an empty stomach.

Useful in cough, cold, indigestion, wind in the bowels (flatulence). It can be taken with a teaspoonful of cow's ghee also.

17.**PIPPALI VATI**

Re: Pippali Choorna	1/2 oz.
Old Gud (Jaggery)	1 oz.

Make pills of 8 grains.

One pill to be taken with water twice daily.

Useful in cough, cold, asthma and chronic fever. It is a deepak and pachak and agnivardhak; promotes the digestive fire and invigorates the appetite.

18.**PUNARNAVADI CHOORNA**

Re: Red Punarnava powder	24 grs.
Dried Ginger powder	24 grs.
Nishoth powder	24 grs.
Giloi powder	24 grs.

Fry Nishoth and dried ginger lightly. Mix. Dose: 24 grs. Twice daily with honey or cow's ghee.

Useful in swelling of the body.

19.**TRIKATUKA POWDER**

Re: Dried Ginger	1/2 oz.
Black Pepper	1/2 oz.
Pippali	1/2 oz.

Powder separately and mix. Dose: Grains 24, twice daily with honey or milk or cow's ghee.

Deepak, Pachak and Agnivardak. Useful in indigestion, pain in the stomach, bowels, vomiting, asthma and cough.

20. **SARPAGARDHA CHOORNA**

Re: Sarpagandha Choorna (serpina)	24 grs.
Cardamom	2 grs.
Black Pepper	2 grs.

Mix. One powder. One powder twice daily with cow's milk or water.

Useful in epilepsy, hysteria, blood pressure.

21.**SARIBHA CHOORNA**

Re: White Saribha Powder (Sarasaparilla)	24 grs.
Honey	2 teaspoonfuls

Useful in burning sensation in the urinary passage, syphilis, gonorrhoea. This is a blood purifier also.

To he taken twice daily in an empty stomach.

22.**SATAVARI CHOORNA**

Re: Satavari (Tannirvittan Kilangu)	24 grs.
Sugar	1 teaspoonful
Cow's Ghee, fresh	2 teaspoonfuls

It is a nutritive tonic.

Rativardhak, Veeryavardhak, Balapradayak; useful in sexual debility. It is a galactagogue, i.e., increases milk in nursing mothers. It is a tonic in

consumption. It is Buddhivardhak, Agnivardhak (i.e., increases the digestive fire). It increases the lustre in the eyes, gives strength to the heart.

23.**STHANYAVARDHAK CHOORNA**

Re: Pippalimool powder	24 grs.
Sugar	1 teaspoonful
Milk	½ seer

Useful for nursing mothers to increase the milk (galactagogue); Sthanyavardak. It is a deepak and pachak too, increases digestive fire and improves appetite.

24.**TALISAPATRI CHOORNA**

Re: Talisapatri powder (Cinnamon leaf)	24 grains
Honey	2 teaspoonful

Mix well. One dose. Take twice daily. It is useful in chronic cough, consumption and asthma.

25.**VIDARI CHOORNA**

Re: Vidari	24 grs.
Sugarcandy	1 teaspoonful

One dose. Take twice daily with water or honey.

Nutritive, aphrodisiac, tonic, galactagogue (in-creases milk in nursing mothers). Useful in spermatorrhoea, burning sensation in urine, difficulty in passing urine, sexual debility, diabetes, consumption and general debility.

26.**HARITAKI AVALEHA**

Re: Haritaki	24 grs.
Fresh Ginger	24 grs.
Yavakshara	24 grs.
Dharu Haldi	24 grs.
Honey	½ oz.

Make powders of Yavakshara, Dharu Haldi and Haritaki. Grind this with the juice of ginger. Mix with honey. Dose: One teaspoonful, twice daily. Take one tumblerful of milk afterwards. Useful in stone in kidney.

27. LINCTUS LIQUORICE

Re: Liquorice	20 grains
Honey	1 teaspoonful

Mix and take twice daily. It is useful in cough, hoarseness of voice, irritation of the larynx, inflammation of the throat and asthma. You can take it with cow's ghee, one teaspoonful.

28.RASNA LINCTUS

Re: Chittarattai (Rasna) root

Honey

Rub the root with honey. Lick it slowly morning and evening. Useful in sore throat, cough and Asthma.

29. VACHAVALEHA

Re: Slightly burnt Vacha (Vasambu)	24 grs.
Honey	2 teaspoonful

To be taken thrice daily. Useful in hoarseness of voice in songsters and lecturers (Svarapradarana).

30.VACHA LINCTUS

Re: Vacha (burnt lightly in fire)	15 grs.
Honey	2 teaspoonful

Diurectic, purifier of urine and faeces, anthelmentic (Kriminasak), mild laxative, tonic, aphrodisiac, carminative, aromatic, stimulant. It is bitter. Sharpens the intellect (Buddhivardhak). It is useful in colic, flatulence, epilepsy, acidity, vomiting of children, in all stomach and intestinal diseases of children. It is a deepak and pachak.

It is termed as Pillai Valathi, i.e., that which helps the growth of children. Rubbing of the burnt ash with honey in the tongue of a dumb child makes it to speak. It is useful as an external application in pain in the throat. It is used as a dusting powder in wounds. It kills germs.

There are two varieties. White is preferable.

Chapter V

PILLS

1. COUGH PILL—I

Re: Liquorice (Mulatti)	60 grains
Aniseed (Sonf)	60 grains
Cinnamon (Dalchini)	60 grains
Raisins without seeds	60 grains
White sugar	60 grains

Powder all drugs well and make Dose: 5 grains, three times daily.

2.COUGH PILL—II

Re: Liquorice	2 drachms
Ginger	2 drachms
Long pepper (Pipul)	2 drachms
Gum (quantity sufficient)	5 grains
Sugar	2 drachms

Make 10 grain pill. Dose: One, thrice daily.

3. COUGH PILL—III

R/: Tulasi Leaves	24 grs. 20 peppers
Black Pepper	

Pound in the mortar and make pills of the size of a pepper. Dose: 2 pills, twice daily, with hot water on empty stomach. It is useful in cold, cough and malaria.

4.COUGH PILL—IV

Re: Kakrasingi	1grain
Pippala Mool	1grain
Gond Babool	1grain
Sendha Nimak	1grain

Mix. Make one pill. Dose: One pill, thrice daily.

5.CHOLERA PILL

Re: Camphor	1grain
Opium	1/2 grain
Dried Ginger	3 grain
Red Pepper (Lal Mirch)	1grain
Asafoetida	1grain

Fiat pill 1.

6.GUGGULU VATI

Re: Pure Guggulu	24 grain
Old Gud (Jaggery)	48 grain

Make into two pills. Dose: One pill twice daily with milk. Useful in rheumatism of joints and lumbago.

7.HEART TONIC PILL

Re: Arjun Bark Powder	48 grains
Old Gud	48 grains

Make into two pills. Dose: One pill to be taken daily with cow's ghee or cow's milk. Useful in palpitation, blood pressure and all diseases of the heart.

8.PILULA, TULASI CUM PEPPER

Re: Tulasi Leaves	1 tola
Black Pepper	1/4 tola

Make a paste of fresh Tulasi leaves and black pep-per. Make small pills of the size of Bengal gram.

Take one or two pills in the morning and one or two in the evening along with hot water.

This is useful in malaria and other ordinary fevers.

(One tola is the weight of 10 grams).

9.PEPPER LOZENGES

Powder some black pepper and sugarcandy (Misri). Add equal parts. Mix a little ghee and make it into small balls. Keep one in the mouth and slowly suck the essence. This is very useful in bronchitis or cough.

Chapter VI

GENERAL PRESCRIPTIONS—I

—Drugwise-

1. ALUM WHEY

Re: Purified Alum Powder	3 drachms or teaspoonfuls
Milk	20 ozs. Or 1 pint

Put the powder in the milk and boil for 10 minutes. Strain. Dose: 2 ounces, three times daily.

This checks excessive menstural discharges (Menorrhagia), bleeding from piles, bleeding from lungs, stomach, kidneys and other internal organs.

Put the alum in the iron pan. Heat it till it swells up. Then powder it. Alum is purified now.

2.AM KA PANNA (Raw Mango Juice)

Re: Raw Mangoes	4
Jeera (cumin) powder	30 Grains

Put the mangoes in the fire for a few minutes just as you put Brinjal for making chutney (bharta). Take them out. Remove the skin and extract the juice. Add the cumin powder now and also a little salt. Take 2 oz. of the juice thrice daily. Useful in sunstroke, lu or hot winds, as a preventative and curative.

3.AMLAKA AND HONEY

Re: Amlaka, dried and powdered 15 grains

Honey 2 teaspoonfuls

Dose: Twice daily. This is cooling, digestive, astringent and tonic. It removes biliousness and jaundice. It is useful in diabetes. In combination with Triphala, it keeps the three doshas or humours in the body in equilibrium. Useful in vomiting, biliousness, burning sensation in the eyes, spermatorrhoea; Mutrasansodhak (purifier of urine).

4.BURNT ALUM

This is very useful in ague or malaria. This is well-tried medicine. Burn alum in an iron pan. Mix it with four parts of sugar. Take one teaspoonful of the powder three times in a day. Only three doses will be sufficient to eradicate malaria. You can repeat the medicine if the fever persists. It does not matter whether there is fever or not when the medicine is administered.

5.CARDAMOM AND HONEY

Re: Cardamom 15 grains

Honey 2 teaspoonfuls

Mix. Dose: Twice daily. It is a carminative and aromatic. It is useful in flatulence or wind in the bowels, and anorexia or loss of appetite. It is an appetizer. It checks vomiting sensation. It is cooling. It is a mild expectorant and mild diurectic.

6.CURRY POWDER & RICE

Re: Curry leaf (Kariveppelai) All three to

Black Pepper be fried

White Jeera lightly

Salt

Ghee

Powder the salt, the fried leaf, pepper and Jeera.

Take this powder with cooked rice. Add ghee.

Useful in diarrhoea, dysentery, indigestion, flatulence etc.

7. MILK WITH TURMERIC

Re: Turmeric Powder 48 grs.

Cow's milk 16 ozs.

Boil for two minutes. Then strain. Add three tea-spoonfuls of sugarcandy. It is very beneficial in cough and sore throat.

8.MULATI (LIQUORICE)

Take a masha of powdered Mulati and mix it with two mashas of sugar. Take this in the morning and evening with water. This is very useful in leucorrhoea (whites), and excessive menstruation.

9.OMUM POWDER and RICE

Re: Ajwan (Omura) to be fried in ghee lightly.

Salt Cooked rice and Ghee. Useful in diarrhoea, indigestion, flatulence, etc.

Chapter VII

GENERAL PRESCRIPTIONS-II

-Diseasewise-

1. FOR ARRESTING SECRETION OF MILK

Re: Betel Leaf. Warm the betel leaf over the fire. Place it in layers over the breast. This is very effective in arresting the secretion of milk. That which arrests the secretion of milk is called an anti-galactagogue.

2.FOR APHTHAE OR THRUSH (Sores in mouth)

Re: Borax (Sohaga) 1 drachm

Honey 1 ounce

Mix well. Apply to the sores in the mouth with clean cotton or finger. Aphthae is also known by the name stomatitis.

3.FOR ASTHMA

Re: Camphor (Kapur) 3 grains

Asafoetida (Hing)	3grains

Make onepill.Dose:1pillevery4hours.

4.FOR BLOOD PRESSURE

Re: GarlicJuice	½ oz.
Honey	½ oz.
Mix; one dose. To be taken twice daily. Drink one afterwards.	tumblerful of milk

5.FOR BRONCHITIS

Re: Liquorice	20 grains
Black Pepper	5grains
Sugar	1 teaspoonful
Infusion Arusha (Adhatoda)	1 ounce

Mix andstrain.Dose:Oneouncethreetimesdaily.

6. FOR BRONCHITIS AND INFLUENZA

Re: Fresh ginger juice	2 to 4 teaspoonfuls
Tulasi Juice	1 teaspoonful
Adathoda (Vasaka) juice	1 teaspoonful
Black Pepper	10 grs
Long Pepper (Tippili)	10 grs
Honey	

One dose. May be given twice daily. Useful in excessive phlegm, pneumonia, constipation, influenza and bronchitis. Pound the fresh ginger after removing the skin. Filter the juice through a pure, thin cloth. Allow the juice to stay in a pan for some time. Draw the supernatant fluid and throw away the white deposit.

Take one tumblerful of cow's milk afterwards.

7. FOR CHOLERA

Crush onions and take out their juice. Give a tea-spoonful every five minutes. Let the patient sip it drop by drop.

8.**FOR CHILDREN'S FLATULENCE**

Re: Dill water	10 oz.
Anise water	10 oz.
Lime water	10 oz.
Syrup Aurantii	10 oz.

Dose: 1 to 2 teaspoonfuls.

9.**FOR COLD**

Re: Ginger Juice	1 oz.
Honey	½ oz.

Take it with four ounces of hot water. Adults. Eat hot, fried Chana or Bengal gram. Useful.

10.**FOR CONJUCTIVITIS**

Re: Turmeric Powder	90 grains
In hot water	6 oz.

Strain through a clean cloth. Dip a clean cloth for some time in it and apply it to the eyes.

It is useful in pain in the eyes, etc.

11.**COUGH MIXTURE**

Re: Juice of Ginger	½ oz.
Juice of Betel Leaves	½ oz.
Honey	½ oz.

Mix well. Dose: Half an ounce twice daily. Useful in cough, bronchitis, etc.

12.**FOR COUGH AND ASTHMA**

Re: Vasa (Vasaka) fresh juice (svarasam)	4 teaspoonfuls
Honey	2 teaspoonfuls

Mix. To be taken twice daily on an empty stomach. Useful in Cough, Asthma and Consumption.

Vasaka is an expectorant (brings out phlegm or sputum). It is antispasmodic, relieves spasm in asthma. It is an alternative, blood purifier and tonic.

13.FOR CONSTIPATION (Punarnava Vegetable)

Re: White Punarnava leaf ½ IB

Prepare a sag (curry). Useful in constipation and rheumatism. Pure turmeric, Jeera and a little salt and Ghee may be added. Do not add spices.

14. FOR DIABETES—I

Re: Green Amalaka Svarasa 1 oz.

Honey 2 teaspoonfuls

To be taken twice daily, on an empty stomach. Highly beneficial in diabetes.

15. FOR DIABETES—II

Re: Bitter Gourd Vegetable (Pavakkai)

Boil and add a little salt, turmeric, Jeera and Ghee. Do not use chillies and spices.

16. FOR DIABETES—Ill

Re: Kulfa Vegetable

Wash and soak in water for two hours. Then cut and boil and add a little salt, turmeric, jeera and ghee.
Do not use chillies and spices.

17. FOR DYSENTERY—I

Re: ButterMilk 1 tumbler

Sugarcandy 2 teaspoonfuls

Useful inbloodymotionandmotionwithmucus.

18. FOR DYSENTERY—II

Re: Bhendi (Lady's Finger)

Make a soup or curry and give. The bland viscid mucilage acts as a demulcent and protective of the mucous membrane like the gum.

19. FOR DYSENTERY—III

Re: Rind of pomegranate	1 ounce
Rind of mangosteen fruit	1 ounce
Kurchi bark	1 ounce
Water	1 pint

Boil for half an hour in slow fire.

Dose: 2 teaspoonfuls thrice daily.

20.FOR DYSENTERY WITH BLOOD

Re: Powder of rind of pomegranates	1 teaspoonful
Raw rice water	2 ounces

One dose. To be taken thrice daily.

21.FOR ACUTE DYSENTERY

Isaphgul (finely powdered)	1 ounce
Anise (finely powdered)	1 ounce
Bael (finely powdered)	1 ounce

Dose: One teaspoonful twice daily.

22.DYSENTERY POWDER—I

Re: Bael fruit powder	1 drachm
Fennel fruit powder	1 drachm
Bari (big) Sonf	½ drachm

Dose: One powder twice daily.

23.DYSENTERY POWDER—II

Re: Bael (powder)	1 teaspoonful
Liquorice (Mulatti)	10 grs.

Cinnamon (dalchini) 5 grs.

Make one powder. Dose: One powder twice daily.

24.DYSENTERY POWDER—III

Re: Isaphgul (powdered) 15 grs.

Kurchi seeds (powdered) 5 grs.

Dose: One powder thrice daily.

25.FOR ENLARGEMENT OF SPLEEN & LIVER

Re: Old Ghood (Jaggery) 24 grs.

Harad (Harithaki) powder 24 grs.

Make one pill. One pill to be taken twice daily with hot water. To be continued for a month.

26.HEART STIMULANT

Re: Musk 2 grains

Betel leaf juice 1 teaspoonful

Honey 1 teaspoonful

It is useful in pneumonia, high fevers, cholera, cold, influenza and to women after confinement. It is an aphrodisiac (Virya Vardhak), anti-spasmodic, digestive and brain tonic. It improves eyesight. It is taken along with betel leaf (Tambula, Pan) as a tonic and aphrodisiac (that which increases the sexual vigour is an aphrodisiac).

For children use ¼ grain of musk. It can be taken with breast milk or milk also.

27. FOR HICCOUGH—I

Re: White Jeera powder (fried) 24 grs.
Cardamom powder 4 grs.
Honey 1
teaspoonful Mix. To be taken thrice daily.

28. FOR HICCOUGH—II

Re: Cumin Seeds (fried) 15 grains
Honey
teaspoonful Mix. Four times daily. Instead of honey you can use jaggery also.

29. FOR IMPOTENCY

Re: Musk Powder	2 oz.
Nutmeg Powder	2 oz.
Kesar Powder	2 oz.

Take the powder with pan (betel) at night.

30.FOR INDIGESTION

Re: Dried Ginger Powder	2 oz.
Sugar Candy	1 oz.

Take one teaspoonful with fresh water, either hot or cold, twice daily before food.

31.FOR INHALATION

Re: Lady's finger (Bhindi)	10
Water	20 ounces

Cut the vegetable transversely into pieces. Put the pieces into water and boil for twenty minutes.

Strain and put the decoction in a narrow-mouthed jug and inhale the vapour.

Useful in hoarseness of the throat, irritable state of the throat, cough and bronchitis.

32. FOR LEUCORRHOEA

Re: Kernal of Kama! Guttaa	4grains
Nag Kesar	4 grains
Seetal Cheeni (Cubeb pepper)	
Or Kakkolam (Kabab Cheeni)	4grains
White Sandal	8grains
Khas	4 grains
Rose flowers	8 grains

Powder the above and take it with rice-washed water (Chaval dhovan). Take twice daily.

This is very cooling, is a blood purifier and mutra sansodhak (purifies urine).

Stops the discharge. It is useful in gonorrohea, dysuria or difficulty in passing urine, and burning in the urine.

33.**FOR MALARIA—I**

Chutney prepared from `Naayikadugu' (Tamil) or `Kukkavaavanti' (Telugu) leaves taken for a few days cures Malaria and even spleen enlargement. The leaves may also be crushed and applied to the pulse when the fever is on. A patient who takes this chutney for one month will be completely cured of spleen enlargement and Malaria and will never be troubled by this disease after that time.

34.**FOR MALARIA—II**

`Katukarohine powder pulverised finely and mixed with an equal quantity of jaggery and made into pills the size of a Bengal gram. Keep this in a well corked bottle. This is to be administered to a Malaria patient. Dose is 3 pills in the morning and 3 in the evening. This medicine will cure Malaria and it will not have the bad effects of Quinnine.

35.**FOR OBESITY**

Re: Honey	4 teaspoonfuls
Water	1 glassful

To be taken twice daily. Honey reduces fat, and makes a thin man fatty also.

36. **FOR RHEUMATISM—I**

Take 1 tola of the root of the Castor plant. Crush and boil it in Y2 seer (half a seer) of water. Boil it till you bring down the decoction to ½ part. Add to this 2 tea-spoonfuls of honey. Drink this. This medicine may be repeated morning and evening daily until the rheumatism disappears. If the rheumatism is of the type where the joints swell, a poultice made either of the leaves of the castor plant or of its seeds will cure the swelling when applied to the joints.

37. FOR RHEUMATISM—II

Re: Methi seeds fried and powdered (Vendayam)	10 grs.
Honey	2 teaspoonfuls

To be taken thrice daily. One powder to be taken at night with one tumbler of milk.

38.FOR ROUND WORMS

Re: Kernel of Butea seeds	20 grains
Sugar	30 grains

Mix. One dose.

Three times daily for three days, to be followed by a dose of castor oil, after three days. It is useful in tape worm.

Butea seeds are Palasaki beej (Hindi)-seeds of Butea frondosa. This is available in the bazar.

Soak the seed in water, remove the testa and powder the kernel.

39. FOR SCROFULA

Re: Kachnar Bark Powder	48 grs.
Pure Guggulu	24 grs.
Old Ghood	48 grs.

Mix and make pills of 24 grs. Each. Take one pill, twice daily, with cow's milk. Useful in Scrofula or Apchee.

40.FOR SLEEPLESSNESS

Re: Mustard Oil	4 drops

Apply it to the ears. Plug the ears with cotton wool.

41.FOR SORE THROAT

Re: Powder of Amla	24 grs. (1/4 tola)
Liquorice powder	24 grs. (1/4 tola)
Sugar Candy	48 grs. (1/2 tola)

Add one tumblerful of fresh milk of the cow and drink. Take twice daily. ½ a tola is one teaspoonful.

42.**FOR SPERMATORRHOEA—I**

Re: Giloy's Juice	¼ tola
Honey	½ tola

Mix well. Lick it every day, twice daily. Giloy, Guduchi, Amrita are synonymous terms.

43.**FOR SPERMATORRHOEA—II**

Re: Small Cardamoms powder	48 grs.
Gokru powder	48 grs.
Sugarcandy powder	48 grs.

Mix. Dose: Grs. 48, twice daily with cow's milk.

Useful in spermatorrhoea, burning sensation in urine, difficulty in passing urine, wet-dreams.

44.**FOR SPERMATORRHOEA—III**

Re: Gum of Babool	24 grs.
Sugarcandy	24 grs.

Mix. Take one powder with cold water at night. This is very useful in spermatorrhoea; gives Dhatu-pushti, Veerya Vardhak.

45.**FOR SUNSTROKE**

Re: Onions	2
Cumin seeds powder (Jeera)	1 teaspoonful
Sugar	1 teaspoonful

Cut the onions into small pieces and add jeera and sugar. Give this to the patient once or twice daily. He who goes about in excessive heat in summer will be protected from sunstroke and (hot winds) if he keeps an on-ion in his hand or in the pocket.

46. FOR THREAD WORMS—I

(A scaris Lumbricoides)

Re: Salt	1 teaspoonful or drachm
Warm Water	10 ounces

Dissolve the salt in the hot water and strain. Inject into the rectum slowly with a fine glass syringe. Lubricate the nozzle with Vaseline or any clean oil, olive, sesamum, etc.

47.FOR THREAD WORMS—II

Re: Tepid Water	1 pint
Add Soap, and Lemon Juice	2 teaspoons

Take an enema of the above solution.

48.FOR VOMITING

Dhania	2 grains
Pudeena (mint)	4 grains
White Jeera	2 grains
Anaar daanaa	2 grains
Pitta paapraha	2 grains
Ginger	1 grains
Big jeera (sonf)	2 grains
Amla	2 grains

Crush them. Make into a thick paste juice. Prepare pills of the size of black pepper.

Put it in the mouth and let it dissolve slowly.

49.FOR WET DREAMS—I

Re: Plantain fruits	2
Sugarcandy	2 tablespoons

Eat at night after food.

50. FOR WET DREAMS—II

Re: Sonf (dill seed) powder	½ teaspoonful
Revand Cheenee powder	1 teaspoonful
Flowers of Banafsa powder	½ teaspoonful
Rose flowers powder	1 teaspoonful
White sandal powder	½ teaspoonful
Water	4 ozs.

One Dose. Soak these powders in cold water over night, strain and drink in the morning on an empty stomach. Similarly, soak in cold water in the early morning, allow it to stay soaked throughout the day and strain and drink in the evening. This is a cool beverage. Drink twice daily.

Chapter VIII

PRESCRIPTIONSFOR EXTERNALUSE

Section 1: Drugwise

1. ACETIC ACID

This is vinegar. The strong solution is used to destroy warts. The warts are lightly touched with the acid. The surrounding part is protected by cotton wool. The acid is not allowed to fall on the surrounding skin. This is useful in wasp and bee stings.

2.BATHING POWDER

Re: White Chandanam powder (Sandalwood)	1 oz.
Amlaka	1 oz.
Devadaru Powder (Pinusdeodava)	1 oz.

Mix.

3. BHINDI POULTICE

Re: Fresh Lady's Finger	4

Bruise them well. Warm it. Apply it as a poultice to the affected part. This is an efficient emollient or soothing poultice for abcess, rheumatic troubles and eruptions.

4.**BORAX GARGLE**

Re: Borax (Sohuga)	4 drachms or teaspoonfuls
Glycerine	4 drachms
Water	10 ounces

Mix well. Gargle the mouth several times daily. Useful in ulcers of the mouth or Stomatitis (Aphthae). This is a soothing and healing medicine.

5. **CAMPHOR-TOBACCO**

If you suffer from carious tooth, stuff the socket with a little camphor and tobacco. The worms will die. You will be relieved from the pain also.

6.**CURD LOAF**

Bind curd in a piece of cloth and let its water drop out. Take this curd and mould it in the form of a bread loaf. Place this over the carbuncle and put a bandage. Change this three or four times a day. All sloughs will come out easily. This is a very cooling application too.

7.**LIME WATER**

Ten to twelve drops in a Iota of water should be drunk four times in a day. A plug of cotton or cloth soaked in lime water should be used externally. This should be changed three or four times a day. This is very useful in excessive menstruation. This is useful in all kinds of bleeding also.

8.**MUSTARD OIL AND CAMPHOR**

Dissolve some camphor in the mustard oil. Heat this. It is highly useful in lumbago or pain in the hips and back and rheumatism of the joints, and muscular pain in the whole body. If this is applied to the breast, it will stop secretion of milk.

9.**MUSTARD FOOT BATH**

Re: Mustard powder	2 teaspoonfuls
Boiling water	1 gallon

10. **NIM LOTION**

Re: Nim leaves	2 handfuls
Water	20 ounces

Boil for fifteen minutes. This is antiseptic lotion for washing ulcers and wounds. This can be used as a gargle in pyorrhoea.

11.**NIM OINTMENT**

Re: Nim leaves	1 oz.
Gingely oil	1 oz.

Fry a little bit of the Nim leaves in the oil and then make a paste. Useful in itch, and skin diseases.

12.**NIM POULTICE**

Re: Bruised Nim leaves	2 ozs
Rice flour	2 ozs
Hot water	sufficient quantity

Make a poultice. Useful in chronic indolent ulcers, eczema, etc. Nim is an antiseptic. It kills germs.

13.**OIL OF BABCHI**

This removes the patches in the skin (leucoderma or white leprosy). The pigment reappears on the skin. The oil is rubbed well in the affected area.

14.**SATADOUTHA GHRITA**

This is cow's ghee that is cleaned with cold water one hundred times in a glass plate.

The water must be changed every two minutes.

It is highly useful in burns, ulcers, wounds, itches, piles, headache, etc.

SectionII: Diseasewise

15.**FOR BEDSORES**

Re: Borax	4 drachms
Starch	4 drachms

Mix well.Averygooddustingpowder.

16. **FOR BOILS AND CARBUNCLE**

Re: White Sandal Powder (fine) ½ oz.

Curd 1 oz.

Mix. It is a nice antiseptic and antiphlogistic paste for boils and carbuncles. It is cooling. It removes the poison.

17.**BRAIN-TONIC HAIR OIL**

Re: Bringaraja Oil

It is a cooling applicant to the brain. It prevents the hair from falling and becoming grey. It is useful in loss of memory power, itching and burning sensation in the brain.

18.**FOR BURNS AND SCALDS—I**

Re: Lime water

Olive Oil or Linseed oil or Coconut oil

Take any one of these oils, and mix in equal parts with lime water. Rub well.

19.**FOR BURNS AND SCALDS—II**

Re: Ghrit Kumari pulp

Honey Equal parts

Mix and apply.

20.**FOR BURNS AND SCALDS—Ill**

Old ghee is useful in burns and scalds of the first and second degree. A paste of raw potato is also beneficial. Coconut oil is also useful. Honey also is highly useful.

21.**FOR CRACKED NIPPLES**

Re: Lime water 3 oz.

Olive Oil 3 oz.

Rub well.

22.**FOR EAR-ACHE—I**

Re: Tulasi juice A few drops

Warm the juice and instil it in the ear. Plug the ear with cotton.

23. **FOR EAR-ACHE—II**

Re: Mustard oil	2 teaspoonfuls
Asafoetida	4 grains

Heat gently for one minute. Instil the drops in the ear when it becomes cool and plug the ear with cotton.

24.**GARGLE FOR SORE THROAT**

Re: Ajovan	½ oz.
Poppy seeds (Khus-khus ka beej)	¼ oz.
Water	20 oz.

Boil for fifteen minutes. Strain. Make a decoction. Gargle several times.

25.**FOR GONORRHOEA**

Re: Cubebs	25 grs.
Alum	5 grs.

Make one powder. Dose: One powder thrice daily.

26.**FOR LEPROSY**

Re: Chaulmogra oil	1 oz.
Neem oil	1 oz.

Mix well. Rub into lepric areas.

27.**FOR NASAL CATTARRH**

Re: Borax	20 gr.
Common Salt	20 gr.
Water	8 oz.

Sniff up nose with this solution.

28.**FOR PILES**

Re: Red Sandal	2 grains
Dry Ginger	2 grains
Dhamaasa	2 grains
Chiriyata	4 grains
Daru Haldi	2 grains

Kamalgatta	1 grain
Nag Kesar	2 grains
Kharetee	1 grain

Powder these above. Take with curd or buttermilk twice daily.

29.**APPLICATION FOR PILES**

Re: Kanneer leaves

Neem leaves — Equal

Aak leaves — Parts

Sahjan leaves

Dry. Powder them. Make a paste with butter or ghee and apply to the anus.

30.**FOR PIMPLES**

Re: Dried Ginger

Cloves

Make a paste and apply it to the pimples.

31.**PRICKLY-HEAT POWDER**

Re: Starch	½ ounce
Boric acid	½ ounce
Zinc oxide	½ ounce
Camphor	5 grains

32.**FOR PRICKLY-HEAT, ECZEMA, ETC.**

Re: Boric acid

Zinc oxide

Starch

Mix well: equal parts. This is a useful dusting-powder in eczema, prickly heat, sloughy ulcers, etc.

33. **FOR ULCERS IN MOUTH**

Re: Borax	10 ozs.

Glycerine 6 ozs

This is useful in sore tongue and ulcers in mouth, also for sore nipples. Borax can be used with honey also.

34.**TOOTH POWDER—I**

Re: Catechu (Katha) 2 teaspoonfuls

Chalk 4 teaspoonfuls

Myrrh (Bol) 2 teaspoonfuls

Oil of cloves 4 drops

It stops bleeding from the gums and relieves pain. Catechu and Myrrh are astringents.

35. **TOOTH-POWDER—II**

Re: Salt

Charcoal

Camphor

Chalk

Powder equal parts of these separately and mix. A very good tooth-powder.

36. **TOOTH-POWDER—III**

Re: Chalk 2 teaspoonfuls

Black pepper 15 grains

Alum 1 teaspoonful

Borax 1 teaspoonful

Powder the ingredients well, strain and mix.

37. **TOOTH-POWDER—IV**

Re: Areca nut Powder (supari) 1 oz.

Catechu (Katha) 1 oz.

Black pepper	1 drachm

Powder well, strain and mix. A very good tooth-powder.

38. **FOR SPONGY GUMS**

Re: Frech lime juice	2 ozs.
Water	2 ozs.

For a mouth wash.

39.**GUM PASTE**

Re: Mustard oil	1 teaspoonful
Salt	10 grains

Mix. Apply it to the gum.

Strengthens the gum and teeth; destroys worms in the teeth and stops bleeding in spongy gums.

Chapter IX

A SADHU'S RECIPES

(The following recipes of a sadhu were had from late Sri Chand Narayan Harkuli of Sitapur Bar, a noble soul who tried all within his means to alleviate the pain of the suffering humanity.-publishers)

1.ARK UL NASA

Har Singhar leaves one tola may be boiled in half a pav of water and after filtering add sugar to taste and take it.

2.BACCHONKI PASLEE

Croton seed rectified to be ground for 3 days in ginger juice and made tablets of the size of bajra seed. One tablet for one year child, two tablets for two years child and 3 tablets for 3 years child, to be administered with breast milk.

3.BAVI GEELA

Re: Pure vineger	one bottle
(Elva Aloes	2 tolas
Garlic	2 tolas

Medicines 2 and 3 may be kept in vineger bottle for 15 days. Dose: 2 tolas morning and evening.

4. CARBUNCLE

Kamela one pav may be boiled well in til oil and kept filtered a bottle. Take a cloth folded fourfold.

Dip it in the oil and put on the wound. Plaster of neem coal prepared with Atta flour to be fixed over it.

5.OINTMENT FOR CARBUNCLE

Re: Gulab ki patti (leaves of rose)	1 tola 1
Neem ki patti (leaves of neem bitter)	tola 1
Sarife ki patti (lincin)	tola 1
Pyaj (onion)	tola 1/2
Asafoetida (hing)	tola 1/2
Sambar lake salt	tola

Grind all the medicines well and boil them in water. Use it as poultice thrice a day.

How to diagnose a carbuncle

Tie one pay of curd in a cloth. Allow the water to escape. Place the solid curd left behind on the boil. If it is a carbuncle, the weight of the curd will decrease extraordinarily.

6.**CHRONIC ULCER**

Re: Neem leaves	1 rupee weight
Bees' Wax	1/2 tola
Mustard oil	1 chatak

Grind the neem leaves well and make it into a paste. Pour one chatak of mustard oil in a vessel. Boil it till it becomes red. Put the neem paste into it. Remove the vessel from the fire when the contents become black. Add now half a tola bees' wax. Make a nice paste.

If the wound is too deep, mix the paste with the powder of white Kathira and fill the wound.

Apply the ointment twice daily morning and evening. This is a well-tried and highly useful ointment.

7. **DIABETES—I**

Re: Ashes of Steel (Loha) dissolved in Jambul juice	1 Ratti
Ashes of Gold	1 Ratti
Arsenic	1/32 Ratti
Opium	1 Ratti
Ashes of Samarud	1 Ratti

Make a tablet in honey. Use 2 tablets morning and evening. Avoid seeds, protein and all roots. Maintain strict Brahmacharya.

8. **DIABETES—II**

Stramonium seeds	1 tola
Rubarb	8 mashas
Black pepper	2 mashas
Ginger	4 mashas

Pestle all and powder well. Add 3 mashas of ground Babul. Grind with Guda geekavar for two hours.

If the patient has sugar in urine mix 2Y2 tolas of ground babul. To purify stramonium seeds put the seeds in cow's urine and keep in sun for 1Y2 hours. Wash the seeds in water and dry in sun before use.

For Diarrhoea give one pill with whey with hot water. Other diseases, with fresh water give one pill.

9. **DIARRHOEA**

Take opium and lime equal weight and prepare tab-lets of size of mustard seed. Give two or three tablets every day.

10. **DROPSY**

Re: Cow's urine	5 tolas
Pure Honey	1 ¼ tolas

Mix the two and drink daily in the morning.

11. **DYSPEPSIA**

Re: Scasong	1 tola
Camphor Bhimseni or ordinary	2 tolas

Pestle in one seer of rose extract (Arq Gulab) and prepare pills of one size. Use it with butter or cream.

12. **ECZEMA—I**

Keep some curd in a copper vessel for 24 hours. Apply it on the affected part. There will be some pain on application.

13. **ECZEMA—II**

Re: Cinabar	1 tola
Opium	6 mashas

Pestle the medicine in the juice of eight lemons make tablets as big as a radish seed. Use one pill in morning and evening.

14.**ENLARGEMENT OF SPLEEEN**

Re: Grape-skin	1 chattak (5 tolas)
Alum	1 tola

Powder well the alum and boil it in an iron vessel. Add the grape-skin. When the grape-skin mixes up properly with the alum, make pills, each weighing 3 rattis. One pill to be taken in the morning with hot milk daily.

15. GONORRHOEA

Re: Buffalo's dung Jaggery Water

Mix buffalo's dung with water. Filter it. Mix jaggery with this. Take this mixture for three alternate days. After some interval you can again repeat this for three alternate days.

16. HICCOUGH

1. Salt powdered 1 masha

2. Gitali aam (old mango seed) 3 mashas to be taken once with fresh water.

3. Kasturi is beneficial.

4. Peacock's feather (mor pankh ka chaand) to be burnt in earthenware pot closed with lid. Take it with a little honey.

17. IMPOTENCY

Re: Asafoetida

Cow's urine

Honey

Take one Masha (X2 tola) of asafoetida (Hing), mix it with one tola of cow's urine and apply it on the organ and massage. Tie it with betel leaf after massage. Wash it with hot water in the early morning every day. Continue this treatment for seven days.

Then take one Masha of asafoetida, mix it with six Mashas of pure honey and apply it on the organ. Mas-sage, tying with betel leaf, washing with hot water, etc., to be done as already stated. Continue this treatment throughout the second week. DIET: Y, pay (10 tolas) of Bengal gram to be cooked in one seer of water. This is to be taken with bread (Roti) and ghee.

18. ITCHES

Take in equal portions of cow's dung, urine and milk. Filter in a cloth. Keep it in a bottle. Massage 2 hours before bath, then take in fresh water.

19. LEPROSY

Four red Khatai may be crushed in rose water and given twice daily.

20.PAIN IN TEETH (CHILDREN'S)

1. Kodikaa bhaama with honey or Suhaga with honey to be rubbed on the affected part.

2. Seed of Saras or Jaibhal may be tied round the neck to make the teeth growing easy.

3. Rub Haldi or Amla juice. Teeth will grow easy.

21. PILES—I

1. Burn a few leaves of the plantain tree. Add lime to it. Apply it on the piles.

2. Badami Khaja (brown pepper) to be burnt. Al-low the smoke to come in contact with the piles. It will be cured.

3. Apply the extract of radish leaves continuously for 7 days. You can cure piles.

22. PILES—II

Re: Katha white (katha saphed)	1 tola
Bark of soap nut burnt	1 tola

Both medicines to be pestled well. Dose: one ratti with cream or butter. Give up salt.

23. OINTMENT FOR PILES

Take 5 tolas of bismar plant (called firid booti). Grind it and make a tablet of it. Put it in boiling oil of seasamum (Til) 10 tolas. Add one tola bees' wax. Mix it well. Note: All parts of the plant (root, bark, leaves, flower, fruit) are to be used in the preparation.

24. OPIUM-POISONING

Grind the Nari vegetable in water. Give it to the patient. It will act as purgative or cause vomiting. The poi-son will be removed.

25. SCORPION STING

Salt water to be applied on the sting.

26.WHITE SPOT IN THE EYE

Re: Akkarkara	1 ratti
Camphor	1 tola

Honey	1 tola

All to be mixed well and to be applied to the eye lid with a lead stick (Surmachor).

27. **WITLOW**

1. Grind the leaves of Ber tree. Make a paste and tie it on the finger.

2. White sandalwood and black pepper to be ground and fried. Apply it on the fingertip.

3. Cut a lemon. Insert the finger into the cut half of the lemon and keep it on it and have a light bandage over it with a cloth to keep the lemon in position.

Chapter X

GOLDEN RULES FOR HEALTH

NATURE'SHEALING POWER

1. The healing-power of fresh air and sunlight is the leading text of the Gospel of Medical Science. The value of these beneficent agencies is exemplified at the Sanatoria for consumptive subjects. It must be remembered that sunlight is a cheap and universal tonic deserving much wider application than is at present the case. The sunlight has very efficient disinfecting properties. Bedding and clothing, when exposed to the strong rays of the sun, will be satisfactorily disinfected. The sun has not, however, passed entirely unnoticed throughout the ages and even writers on medical subjects in classical antiquity made frequent references to the therapeutic action of the sun. Herodotus declares the exposure of the body to the sun to be eminently necessary for people wishing to recover their health and to strengthen their bodies. Sun supplies the universal energy for men, animals and the vegetable kingdom. In 1774 Faure made use of the sun's rays in the treatment of ulcers. The sun-bath treatment of ulcers is being adopted in some of the hospitals. The sun-bath increases the resistance of the body to consumption. 2. Physical exercise, proper rest, pure air and proper ventilation, sunlight,
cleanliness, cheerfulness and contentment, healthful dress, proper diet, healthful cookery, regularity in eating, avoidance of stimulants and narcotics are the essential principles of health.

3. In a house 1000 cubic feet of space must be al-lowed per head and the superficial area which is length into breadth must be one twelfth of the cubic space and must not be less than 80 feet.

4. To the sedentary worker, walking should appeal as a good form of physical exercise. It brings into play all the muscles of the body, and forces the lungs into a healthy action, giving to the blood a better supply of invigorating oxygen, and filling the whole body with new life. A short walk after a meal with head erect and shoulders back is better than an after-dinner pill or a dose of dyspepsia-cure. 5. Fresh pure air is the finest circulatory tonic we possess. It is a microbicidal agent in addition. A brisk and energetic walk in the prime morning and evening is very conducive to the maintenance of a high standard of health and vitality for everybody and particularly so for the people of consumptive taint or weak lungs. A cup of Ovaltine with sugar and milk to taste, which is a delicious and nutritious food and beverage can be taken with much advantage after returning home.

OBSERVE HEALTH LAWS

6. Health laws do not act automatically. They are not self-operating. We have to do our part if we are to benefit by them. Health does not force itself on us in spite of ourselves. Pure air will benefit us if we breathe it, and good food strengthens us if we eat it. Merely knowing health laws and believing in them will not keep us well. We must keep them if they are to help us.

7. Hygiene is the art of preserving health. It aims at rendering growth more perfect, decay less rapid, life more vigorous, and death more remote. It is an exact science and art of all that concerns the preservation, pro-motion, and improvement of health, and the prevention of disease. Sanitation is that branch of Hygiene which is concerned with the suppression or removal of the pre-disposing causes of diseases; it is the practical aspect of a part of the subject of Hygiene.

8. The public teaching of health, the enactment of Health Laws and their vigorous enforcement are not sufficient to insure health to the individual. As in matters of spiritual faith, each one must appropriate for himself the principles of right living, and live them out. And this means individual effort and work. The home and the person of the individual are more directly concerned in the virtues of cleaning up and the movement should be-gin there. More observance of 'Home Hygiene' will be highly desirable.

9. The observance of the principles of cleanliness and care in the management of a house is all important. It should never be lost sight of that 'Cleanliness is

next to Godliness'. Before these sanitary principles were understood, the rate of mortality, particularly in large towns, was considerably higher than it is now. In choosing a house or apartment, strict attention should be paid to drainage, ventilation, light and water supply, and if these are all good you may congratulate yourself on a fortunate selection.

10. Make very certain of having a good motion every day in the morning. When you come in hot sun from work don't take a long cold drink as this is very disastrous to health. Avoid excesses of all sorts, excess of drink, meat, curries, and foods of any sort.

11. Never work hard within half an hour after eating. Masticate every morsel of food thoroughly. Avoid late dinners. Regularity in the hours of meals should not be too strongly insisted upon. The stomach should not be disappointed when it expects to be replenished. Sudden changes in the regimen of diet are disastrous to health and should be deprecated.

12. Do not bathe within 2 hours of meal, when tired after physical exercise, when the body is profusely perspiring or when the body is very warm. Never bathe when the stomach is loaded with food.

PRACTISE DIETETIC RULES

13. You must practise Dietetic Rules, if you are to enjoy good health. Merely knowing the principles will not make or keep you well. You may believe ever so much in dietetic rules, may see others benefited by obedience to them; but if you want health, vigour and vitality for yourself lay hold of them.

14. Our blood contains common salt, salts of lime, potash, soda, magnesia, iron, phosphates, etc. Our sys-tem demands such foods as can efficiently supply the salts. Milk contains these salts in good proportion and hence it is a perfect food. Oats, barley and rice can sup-ply lime to the blood. Phosphorous in the form of phosphates of lime, potash and magnesia are contained in the cereals, especially, the inner shell of wheat. In the preparation of white bread this is removed, but it is preserved in brown bread; hence the brown bread is likely to produce stronger bones, and better teeth in the young. Pot-ash exists in many vegetables as cabbages, turnips, carrots, lettuce, parsnips and potatoes and as vegetable acids in most fruits as apples, oranges, grapes, etc. Its presence in the food has a marked effect in keeping the blood pure. Iron required for the red corpuscles of the blood is found in most of our common food and sulphur is contained in the yolk of eggs, and onions.

NATURE, THE BEST GUIDE

15. There are many professors of Health truths and Dietetic principles. There are many people who know a good deal about what they ought to do to keep well, and who are perfectly willing to tell others about it but they themselves fail to do. Dietetic laws have not been given merely to interest you, or to be good to look at, as it were, or to use as arguments against others, any more than have spiritual truths been given for these purposes. Implicit obedience to dietetic rules is written in the very face of the Laws. Anything short of obedience will not fulfil the demand of the Health Laws, and in no other way than by obeying them are you to realise the blessings that come only by obedience to them.

16. Nature itself is your best guide. Instinct speaks aloud in all fevers—there is loss of appetite, disgust for food, dry mouth, parched tongue and dry throat. All that the patient wants, all he asks for, is a drink to quench his thirst and to moisten his parched lips and palate. To give at this time rich food or drink does more harm than good. Drink is all he wants, and this should he given to him frequently and in small quantities. Barley water will be of much service. Even in chronic long-standing ailments, too abundant and too rich food does harm; it is like pouring a large quantity of oil on a flickering lamp; it extinguishes the fire straightaway.

17. When the body is subjected to muscular exertion, physical exercise, there must be a proportionate in-crease in the quantity, as well as the quality of the food taken. Otherwise, the tissues of the body will be ab-sorbed and the body will waste.

18. Follow the rules of common sense. If you have found out that a certain article of diet absolutely dis-agrees with you, abstain from it. If, on the contrary, your experience tells you that certain things are necessary for you with regard to food, try to get these things. It is perfectly useless to tell a person who has Diarrhoea or Dysentery that he must not eat unripe fruits in that state. Nor does it require much wisdom to see that a person, whose present sad predicament has been the result of intemperance in eating or drinking, bad habits or imprudence, that he cannot expect a permanent cure unless he re-moves the causes which gave rise to his complaint.

VITAMINS

19. Vitamins are accessory food substance which are necessary for the proper nutrition of the human body. They are compared to the nails and cement in the building of a house, to the spark which makes the energy of the fuel effective in a motor-car. They are known as fat soluble A, water soluble B, and anti-scorbutic vita-min water soluble C. The fat soluble A is present in milk, butter,

cream, cabbages, potatoes, beans, fat fish and some meat. The water soluble B is present in the husks of cereals, eggs, yeast, most vegetables and some meat. The anti-scorbutic vitamin water soluble C is present in fresh vegetables, fruit juices, raw meat, milk. A deficiency of vitamin A will produce rickets and sterility; a deficiency of vitamin B will cause Beri-beri; and a deficiency of vitamin C will induce Scurvy. Immense benefit to mankind has already ensured in the matters of properly balanced diets and of the deficiency diseases in which absence of vitamins plays so important an etiological role.

FRUITS AND VEGETABLES

20. Vegetables effect a free movement of the bowels, sharpen the intelligence, and help a great deal in curbing the lower instincts and in the practical attainment of spiritual knowledge. Vegetables are especially necessary if the milk supply is not abundant. They are important sources of minerals, of which the most important are lime, iron and phosphorus. If children get plenty of milk, that will supply lime. Otherwise it should be supplied by bean and pea soup, whole grain cereals, bread, lettuce, celery, cabbage and oranges. Iron is supplied by spinach and other greens, bean soup, pea soup, lentil soup, figs, dates, raisins, prunes, molasses. Phosphorus is supplied in some measure by all vegetables, and especially by Graham bread and whole wheat cereals. The leafy vegetables include spinach, lettuce, cabbage, cauliflower, beet tops and other greens, asparagus, string beans, Brussels sprouts, onions etc., and are life-giving to all who use them freely, and may, if used in sufficient quantity even be made to take the place of milk. Vegetables as a rule, should not be boiled, or at least if they are, the water used in boiling them should not be thrown away as it contains a valuable supply of minerals and vitamins.

21. Eat and drink nothing that has not been recently cooked, boiled or otherwise sterilized. Do not consume fruits, vegetables, salads, etc., which have not been cooked or sterilized; food on which flies have settled, milk or cream which has not been boiled or sterilized water which has not been boiled or filtered through a Brown-low or Berkefeld filter, aerated waters and other drinks unless of best quality, ice cream unless made of boiled materials, uncooked oysters.

22. Fruits, tomatoes, melon, etc., can be sterilized without spoiling the flavour, so that they can be safely eaten raw, by dipping for a few seconds into briskly boiling water. Strawberries are better sterilized by dip-ping into boiling sugar syrup. Milk and cream can be sterilized by placing the bottles in a pan of cold water and gradually raising to boiling point. The candle of the filter should be lightly scrubbed and boiled once a week.

23. It is true that one apple a day keeps the doctors away. The importance of apples as food has not hitherto been sufficiently estimated or understood. Besides contributing a large portion of sugar, mucilage and other nutritive compounds in the form of food, they contain such a fine combination of vegetable acids, extractive sub-stances, aromatic principles and vitamins, with the nutritive matter as to act powerfully in the capacity of refrigerants to quench thirst, tonics and antiseptics to act against pathogenic or disease causing germs; and if freely used they prevent debility, strengthen digestion, correct the putrefactive tendencies of nitrogenous food, avert Scurvy and maintain and strengthen the power of productive labour.

24. Onion contains a large quantity of sulphur. All the virtues of sulphur are contained in this stuff. Onion fried in clarified butter or ghee and eaten freely at bed time is a certain purgative. Persons suffering from Piles will find much advantage in taking fried onions before retiring to bed. This will induce free movement of bowels, stop the bleeding and produce a soothing effect on the lower bowels.

25. Fruits supply vitamins to the body of the type Vitamin Water soluble C, an anti-scorbutic vitamin which keeps up the integrity of the blood and acts against Scurvy, a disease of the blood. It behoves there-fore, that there should be some fruit in the diet every day. Bananas, apples and oranges are wholesome and nutritious fruits.

OILS

26. Animal oil is more easily digestible than vegetable oil; ghee is more easily digestible than either coco-nut or sesamum oil. Coconut oil is highly nutritious and possess properties equal to those of Cod-liver oil. The coconut pulp or the oil can be taken with much advantage by persons suffering from Diabetes.

27. Cod-liver oil is more a food than a medicine. This is a nutritive tonic. It is extracted from the fresh liver of the cod fish, Gadue Morrhus. Cod liver oil has been proved to be a valuable agent for evolving force and heat, and for supplying these fatty elements which are essential to the constitution and reparation of the tis-sues. It is more readily absorbed than other oils and is a more efficient food, but, that, whilst the facts of ready absorption and easy oxidation afford an explanation of its great value in increasing body weight, it has some specific action especially upon those suffering from Phthisis or consumption. Cod liver oil should be taken 1 or 2 hours after food. The oil can be taken in the milk, coffee, wine, orange juice, cinnamon water or pepper-mint water according to taste and fancy. Begin with a small dose: quarter teaspoonful three times daily, and slowly increase to half a teaspoonful after two weeks; to

one teaspoonful after a month; two teaspoonfuls after two months. The dose can be increased according to the constitution and digestive capacity of the person. The oil should be stopped if there is Diarrhoea or other digestive troubles. For children of 2 years of age, 5 to 10 drops can be given twice daily. Kepler's solution or salt extract and Cod liver oil is a valuable combination. The dose for adults is a tablespoonful after food; for children a teaspoonful after meals thrice daily. This is a palatable preparation.

DRINKS

28. Barley water is a refreshing and cooling beverage in fevers, Diarrhoea, Dysentery, diseases of the kidneys and in burning sensation of the urine. It flushes out the kidneys and the urinary tract. This is a valuable diluent for cow's milk in the feeding of infants. Equal parts of milk and barley water may be mixed. The addition of the barley water renders the cow's milk easily digestible and stops the vomiting of curdy masses in children. Put 2 heaped teaspoonfuls of washed pearly barley into a pint and strain. Or, with a little cold water make a thin paste with a heaped teaspoonful of Robinson's Patent Prepared Barley. Stir into it Y2 a pint of boiling water, pour into a saucepan, and boil for 15 minutes, stirring all the time. Put the bottle containing the barely water, in the refrigerator for use in feverish states.

29. Fresh lime juice is a blood restorative and preservative par excellence. This is useful in spongy or bleeding gums. Make use of this remedial agent frequently.

30. A correct infusion of tea is made by pouring boiling water upon the tea and allowing it to stand from two to five minutes at the most. If infused very long, the infusion will contain a large quantity of the astringent principle of tea Tannin, which is sure to induce constipation.

TONIC FOR CHILDREN

31. Chemical food is a good tonic for children. It is prepared from the recipe of Dr. Parrish of Philadelphia. It contains Phosphate of iron. Dose: For children 8 to 12 years of age, one teaspoonful, children under that age, Y2 teaspoonful to be given in a teaspoonful of water immediately after meals, 3 times daily.

DIET IN DISEASE

32. Asthmatic subject should be careful as to his diet and must avoid heavy meals near bed time. Bowels should be kept regular. The last meal should be light. No food should be taken between meals. As a matter of fact, an attack of asthma is often brought on by an attack of indigestion, this being usually

traceable to some error of diet. The asthmatic subject must be careful in the selection of suitable food and must have simple and whole-some food.

33. Wholesome bread, porridge, tomatoes, celery, oranges, apples, stewed prunes, melons, figs, jams and marmalade are all useful in counteracting against constipation. A preponderance of fruits and vegetables in the diet of those suffering from habitual constipation is commendable, and highly serviceable. In addition, it will hardly be unsavoury if it is reiterated here that the habit is a most important factor in the treatment of constipation. It is not sufficient to impress upon the patient that the natural call of defaecation should be immediately obeyed. He should be encouraged though the man may not be conscious of a call, to evacuate his bowels regularly at least once a day and if possible, at the same time each day. He may fail for the first 4 or 5 days but, he is sure to succeed on the sixth day.

34. When you have diarrhoea, avoid soups, fresh bread, vegetables and fruits, fried dishes, saccharine foods, fish, veal, lamb and pork. You can take sweet-bread, dry toast, whole wheat biscuits, macaroni, rice, tapioca, peptonised milk, junket, custard, buttermilk and tea.

35. In acute dyspeptic states of the stomach at-tended by severe agonising pain, careful dietetic adjust-ment is of paramount importance. The stomach should have as much rest as possible. A plain milk diet, for couple of days, or milk diluted preferably with soda water or barley water can do more good than drugging with various nostrum.

FOODS TO BE AVOIDED

36. The consumption of meat must be considered as unfavourable to longevity. Meat contains venous blood which is filled with such poisons as urea, uric acid that would have been removed by the kidney of the animal had it lived. It is a simple fact that, when we eat the flesh of any animal, we take into our system its waste products, substances that would have been eliminated, had the creature not been slain for human food, and which become poisonous in the human body unless they are cast off by the new machinery into which they have been introduced. We are thus compelled to get rid of poisons besides those normally our own. The heart, the liver or the kidneys may be overtaxed because of the effort necessary to cast off this needless refuse.

37. Avoid eating shell-fish and oysters, as these give rise to the development of a kind of blood poisoning by the elaboration of a toxin which is manifested by the occurrence of a blood rash of an itchy nature either in isolated parts of the

body or all over the body a condition termed `Urticaria' or 'Nettle rash' (Chilvisham).

PREVENTION IS BETTER THAN CURE

38. Endeavour to qualify yourself as your own Doctor. Try to acquire at least an elementary knowledge in sanitation, hygiene and health, the nature and uses of some Household remedies, the nature of common ailments and 'First Aid to the Injured'.

39. Don't spit in public places. Don't put pencils in mouth. Don't eat sweets, fruits or pastry that have been exposed to flies or dust. There are all kinds of germs on such articles. Don't sneeze or cough in another's face. Don't let others infect you this way.

40. Sneezing and coughing spread disease unless precautions are used. Use your handkerchief to cover a sneeze or cough. Try to avoid sneezing, coughing or blowing your nose in front of others.

41. Keep rats out of your house. Starve the rats by providing no food for them in and around your house. Make your home rat-proof.

42. Do not allow your babies to be kissed on the lips. Syphilis, consumption may be communicated to the innocent children.

43. Conditions dangerous to health should be re-ported to the health Officer. Isolation of case of dangerous infectious diseases is provided at the Isolation Hospital. Disinfection of the premises after infectious disease will be carried out on application to the Health Officer.

CARE OF THE EYES

44. When reading, writing, or sewing, too strong a light is as great an evil as one too dim; whether natural or artificial, the light should come from the left. It should never fall full in the face, but upon the work. Day light is the best when not coming through curtains, and artificial light should be clear, steady, soft and white. The craze for coloured lamp shades has injured many eyes. The eyes should never be steadily employed on artificial light, especially after hard day's use; and to strain them in fading twilight, or by reading in cars or trains is an injurious practice.

CARE OF THE KITCHEN

45. Sanitary inspection of houses will be carried out on application to the Health Officer. Persons about to rent house are advised to ask the Health Officer for a

sanitary inspection and a certificate of good sanitation before closing with the landlord.

46. Refuse should not be allowed to accumulate, and a properly covered at and fly proof receptacle should be provided. Night soil buckets should be kept securely closed. Yards and drains should be kept in a good state of repair and freely flushed with water.

47. Flies carry diseases; so they should be excluded from the serving room, kitchen and toilets by providing spring slam doors and unopenable windows screened by perforated zinc; and from the food on the table by fly-covers.

48. Kitchen supervision should be thorough, be-cause the preventable diseases are mostly caused by infected food. Every house should have a serving room adjoining the dining room and separate from the kitchen. The serving room should contain the Berkefeld filter, ice-chest, table utensils, washing sink, boiled milk, drinks, bread, butter, fruits and other cooked or prepared foods. Cooking or boiling destroys infection.

49. Vegetables and fruits grown near the ground, being watered as a rule with night soil, are specially liable to be soiled with the germs of Typhoid fever, Cholera, Dysentery and other bowel diseases and should, before cooking, be strictly kept out of the serving room and from contact with cooked or prepared food.

REMEDIAL MEASURES

50. The following measures are recommended for the purpose of preventing those diseases which by means of public sanitation and by individual careful living are preventable, such as Typhoid fever, Cholera, Dysentery, Diarrhoea and other Bowel disorders, Small-pox, Scarlet Fever, Diphtheria, Tuberculosis, Plague and Malaria.

51. Vaccination should be done every three years. The power of vaccination lasts from 3 to 5 years. Even if small-pox develops in a vaccinated individual, it will be a mild, modified variety.

52. Flies take a conspicuous part in the dissemination of Cholera, Diarrhoea, Dysentery and Typhoid fever. They sit on the excreta and vomit of the patient and with soiled feet, come and sit on food. All articles of diet should always be well screened to prevent infection through flies.

CONSTIPATION

53. No person should go more than a day without a motion. There are 18 to 20 feet of intestine or bowels in-side each of us. The last couple of feet are occupied to a large extent by partially decomposed filth. If this portion is not cleaned daily auto-intoxication or a kind of poisoning supervenes. The blood supplying the intestines takes up poisons or toxins formed by the decomposition and fermentation of the accumulated faecal matter. Headache, fever, loss of appetite, indigestion and a host of other ailments follow.

A dose of white mixture or Black draught or Eno's fruit salt will obviate such a dire calamity.

CHOLERA

54. During Cholera season strict sanitation and domestic cleanliness must be rigidly observed. Purity of water is all important. Wells must be treated with crystals of permanganate of potassium. All the domestic utensils must be washed with the solution of pennanganate or weak Milton's fluid. The water must be thoroughly boiled and no cold drink should be taken. Unripe or overripe fruits must be avoided. The excreta and vomit of a cholera patient which contains the cholera germs must not be indiscriminately thrown about. They should be received in enamel pot containing some disinfectant as Jey's fluid or carbolic lotion 1 in 20 and mixed with saw dust. This should be either buried or burnt. The attendants of the patient must not take their meals with soiled hands as the faeces may cling to the grooves in the hands and nails. They must use a strong disinfecting lotion to wash their hands. No food or drink should re-main in the sick room and none which has been in the sick room should be tasted by others.

55. Two persons travelling to Calcutta, drink in the course of their journey in a Railway Station a cup of contaminated milk containing Cholera germs. One man develops an attack of Cholera and dies within a few hours and the other man escapes. How this can be explained? This is a question of a high and low vitality. Nature has endowed the human body with a protection against germs and their poisons, the toxins and against the effects they produce. The blood is endowed with certain substances termed `Bacteriolysine' which possess germicidal properties. The amount of these bacteriolysine varies in different individuals. This is the reason why there is such a difference in our vitality and why some of us can readily resist disease, while others easily succumb. In the above instance the person who escaped from the attack of Cholera has obviously possessed a large quantity of these protective sub-stances, Bacteriolysins to kill the attacking bacteria and to neutralise their poisons. The man who died was lacking greatly in the prospective substances and the Cholera

vibries rapidly multiplied and overwhelmed him with their toxins. It should be remembered that good nourishing food, systematic physical exercise, moderation in everything, will pave a long way in imparting us a high standard of vitality and maintaining the health-preserving mechanism in a state of high efficiency and order.

MALARIA

56. No stagnant water, no mosquitoes. Mosquitoes carry malaria, Dengue and other diseases. Mosquitoes cannot multiply except in stagnant water. Where stagnant water cannot be abolished, pure kerosene or mixture of equal part of kerosene and crude oil will kill mosquito 'Wrigglers' as it prevents breathing when they come to the surface. Oil tins and bottles, broken crockery and unconsidered articles of this kind capable of holding rain water should be carefully collected from the garden and backyard and buried. Tubs, water plants, flower pot saucers or other vessels of water, which can-not be dispensed with should be emptied or sprinkled with kerosene once a week. Ornamental ponds may be kept free from mosquitoes by fish but if mosquito wrigglers be found, the water should be oiled weekly preparatory to filling in. A weekly inspection of house and surroundings should be made. It may be remembered that a small unheeded pot of water will suffice to breed enough mosquitoes to irritate a whole neighbourhood.

57. Mosquitoes carry malaria. Where mosquitoes cannot be exterminated by abolishing stagnant water or by the use of kerosene oil, or by reporting their presence to the Health Officer, the mosquito net should be care-fully used. A weekly inspection should be made and no standing water permitted.

58. The bite of a female anopheline mosquito only produces malaria. The mosquito acts as a carrier of the malarial parasite or germ and communicates the fever from one man to others. It bites in the dusk particularly. If you can avoid its bite you will be free from malaria. Never sit in the open verandah after sunset. Protect the feet and ankle from mosquito by boots or other devices. Never sit about in wet clothes. A chill is the most com-mon determining factor in the onset of an attack of malaria or any other disease.

TYPHOID

59. If you want to evade an attack of Enteric or Typhoid fever either during an epidemic of this disease or while travelling in a district where there is an epidemic prevalence of enteric, you must have recourse to anti-typhoid vaccination. It is quite a well-known fact that one attack of typhoid fever usually renders an individual immune to subsequent attacks of the disease.

Advantage is taken of this phenomenon by injecting dead typhoid bacilli into healthy persons, thus setting up within the body a series of processes not unlike those which take place in an attack of typhoid fever, but without the attending discomfort and danger of the disease itself. This is anti-typhoid vaccination. The process is harmless since the injected typhoid bacteria are dead, the immunity established, while not as great nor as lasting as that raised by an attack of the disease is sufficient to protect an individual for a considerable period of time. At present a full prophylactic treatment usually consists of three small doses administered a week apart. Formerly typhoid bacilli alone were in the vaccine, but of late it has been customary to include the closely related Para-typhoid organisms, thus protecting against three diseases instead of one disease.

TO PREGNANT WOMEN

60. Abortion, when threatened, may be warded off, by complete rest in bed and by the administration of two teaspoonfuls of Aletris cordial in a tablespoonful of water three times daily.

61. No drastic or irritant purgative should be given to a pregnant woman. Mild laxatives as calol or liquid paraffin in one or two tablespoonfuls of syrup of figs should be administered. Castor oil is a very safe purgative. The dose of syrup of figs is a half to one table-spoonful. This can be repeated after 6 hours if necessary.

TREATMENT OF DISEASES

62. It is logical that the first essential in the treat-ment of any disease is the removal of the cause. If you remove the cause the ailment gets cured by itself. Hippocrates, born about 460 B.C., who is recognised as the father of medicine, believed staunchly that the physician's important duty is to aid nature in the healing pro-cess by first removing the cause.

63. The principle of faith and work finds its application in the way we treat real ailments. Take for in-stance, a common cold. We have any amount of medical advice on guarding against taking cold, on what to do for it after we have taken it, and how to keep from giving it to others, for, as we now know, a 'cold', as it is ordinarily called, is contagious. We may believe all this; but unless we act on it, do the things that we are told to do, dress warmly, feet and all, breathe fresh air, avoid over-eating, observe bodily cleanliness inside and out, and do the other things necessary, we will not benefit by all the medical counsel we can hold. The same is true reference to the host of other ailments and diseases to which we are liable, and for the most of which there are preventive measures.

64. If you are anaemic, take two teaspoonfuls of syrup of Haemoglobin, a French preparation, in two tea-spoonfuls of water after food. This is a powerful blood tonic that enriches the quality and quantity of the blood and removes all festering impurities and poisons from the blood. During the course of this tonic, take plenty of milk and other nourishing food.

65. For ordinary cold and a touch of fever, it is well to adopt a common sense treatment. Take a small dose of calomel at bed time. Put it in the tongue and swallow a tumblerful of warm water. Don't allow the powder to stick to the gums. This must be followed by a saline, either one or two tablespoons of fruit salt or one ounce of Alba mixture or black draught on the following morning. Thus the intestinal tract is cleared of putrifactive material. In all cases milk should be the only food allowed for 24 hours. A dose of Aspirin 5 grains with a cup of hot coffee or tea will remove bodily pain, cause free sweating and induce comfort.

66. Never neglect a cold. If you have a continuous cough for more than 2 or 3 days, it is always wise to consult a doctor.

67. If suffering from constipation, the bowels may be kept regular by taking from 1 to 2 tumblers of warm water soon after rising from bed. A wineglassful of any mineral water taken as the first thing in the morning, is of much advantage in regulating the movement of the bowels.

68. Effort should always be made to overcome constipation by diet and other simple means rather than by constantly taking purgatives or using enemas. A visit to the lavatory every day at the same time whether the inclination is there or not is highly beneficial. Plenty of fruits and vegetables, a cup of hot coffee as the first thing in the morning are very effective. Frequent drug-taking injures the stomach and digestion. Trouble should be taken to induce the bowels to act naturally every day. The occasional use of aperients is, of course, not harmless, but necessary.

69. In case of consumption, look to the sunlight, outdoor air, good food, a change to sea-side and rest for a cure. Ozone, which is double volume of Oxygen, and which is perflating by the sea-side has an immense beneficial effect on consumptives. Sleep with the windows open. Keep out of doors as much as possible. Eat clean, nourishing food. Keep flies and dust away from food.

70. If you have colicky pain in the stomach or diarrhoea try Chlorodyne. Chlorodyne is a valuable medicine for the domestic medicine chest. For adults,

10 to 30 drops may be taken in a tablespoonful of water every 3 hours till relieved. Caution: This should not be given to young children.

71. Gout is a disease generally of rich persons who lead a luxurious and sedentary lives with abundance of alcoholic drinks and nitrogenous substances with little or no physical exercise. The elements which tend to produce uric acid in the system are found most abundantly in certain foods, such as beef, mutton, pork and veal, sweets and alcoholic drinks. Overindulgence in these should be avoided by those who have a tendency in this direction. On the other hand, fresh vegetables and most fruits may be eaten with impunity.

72. The other name for Itch is Scabies. This is caused by a small insect Acaries Scabii. The application of either Sulphur ointment or any mercurial ointment as White Precipitate ointment or Citrine ointment is highly serviceable. The ointment should be applied after a hot bath and good scrubbing with an antiseptic soap as Carbolic, Asepso 3%, or Coal tar and brush to break up the burrows or tiny holes of the insect. The treatment should be continued for a week. All garments must be disinfected. The mats used by the patient should be destroyed by fire. Immerse clothing in boiling water for ½ an hour. If you apply olive oil to the scabs, they can be easily re-moved.

73. The main element in the successful treatment of Piles is that, in the first place, measures should be directed to combat against constipation. To have this de-sired effect, laxatives, which are mild purgatives, as calol, liquid paraffin, cascara evacuant, should be selected. Drastic purgatives must be avoided. The diet should be of a bland soothing nature free from hot curries, chutneys, chillies and too much pungent and highly seasoned dishes. Coffee should be interdicted. Fruits, onions and cabbages at nights are highly beneficial. As an external application, Evan's Pile Ointment, Parke Davis & Company's Adrenalin and Choler tone ointment or the simple gall and opium ointment may be applied locally. But, above all, the radical treatment lies in removing the piles by having recourse to proper surgical aid when palliative measures after trial have proved of no avail.

74. Grinding the teeth at nights, itching sensation about the anus, alternate constipation and diarrhoea, loss of appetite, are some of the indications to denote the existence of round worms in the bowels. Take a dose of Santonine powder.

Appendix A

DISEASES AND TREATMENT

AT A GLANCE

Abscess: Apply hot water fomentation in the early stage. If there is pus apply rice or wheat flour poultice.

Amenorrhoea (Menstrual Discharge, Suspension or irregularity): Aloes. Hip bath with sesamum seeds. Asokamritam.

Appetite, loss of: Chiretta, sweet flag root, Neem bark or Gulancha, capsicum, cloves, cinnamon, country sarsaparilla.

Asthma: Camphor, asafoetida, inhalation of the fumes of nitre paper or Datura, a cup of hot, strong coffee, careful regulation of diet.

Bites: Venomous and stings of scorpion, wasps and centipedes. Apply vinegar or alum or a strong solution of salt and water. Apply a thick ipecacuantia paste. External application of brown sugar is useful in scorpion sting and wasp sting. Soda also is beneficial. Liquor Ammonia is useful.

Bladder, painful affection and irritable states: Decoction of Abelmoschus, isafgul seeds or rice conjee; hot bath. Extracts of Gulancha is useful in chronic inflammation of the bladder.

Bowel Lower, descent of: Wash the protracted part. Replace it by gentle pressure with the hand. Lubricate the forefinger with some oil and push the

protracted part into anus. Remain in the recumbent posture. Apply cloth saturated with decoction of galls or Babul bark with some alum powder. Avoid all straining when you pass motions. Wear a pad in the anus.

Breathing Difficulty: Camphor and asafoetida pills, turpentine stupes or mustard poultice to the chest; external application of a bag of heated salt or betel leaves smeared with some oil.

Bronchitis, chronic: Decoction of sweat flag, country ipecacuantia, asafoetida, internally. Externally rice poultice, turpentine stupes, croton liniment. Inhale the vapour of hot decoction of abelmoschus.

Burning of feet: Apply Henna or Mehandi (Maruttani) poultice.

Burns and Scalds: Apply lime liniment or carron oil, honey or soda-bi-carb solution soon after the accident has occurred. Apply gingily oil. Dust rice flour thickly over the skin. Prevent access of air to the burnt surface. Carbolic oil is beneficial.

Catarrh or cold: Take hot infusion of ginger, decoction of Abelmoschus, country ipecacuantia. Inhale the fumes of burning turmeric.

Children, debility of: Milk, orange juice, country sarsaparilla.

Cholera: Omum water, infusion of sweet flag, ice to suck if there are vomiting and thirst. Turpentine stupes to the abdomen, hot water bottle to the feet and hands, diligent friction of the hand and feet. Infusion of Jatamansi.

Colic: Omum water, infusion of ginger, dill seeds or cloves, asafoetida, hot water fomentation on the abdomen; turpentine stupes to the belly; enema of turpentine or asafoetida, a dose of castor oil.

Constipation: Castor oil and Senna for children and delicate females. Aloes for women suffering from irregularity or suspension of the menstrual discharge; myrobalans and Kaladana for healthy persons. Croton pills or Croton oil when strong and quick purgation is indicated. Habitual constipation is treated by Aloes and sulphur. Constipation of hysterical females is best treated by Aloes and asafoetida pills.

Cough: Country ipecacuantia, cubebs, syrup of liquorice.

Debility: Chiretta, sweet flag root, country sarsaparilla, Kariyat, Neem bark, Gulancha.

Diarrhoea: Isafgul seeds with a dose of castor oil. Catechu, alum, decoction of Babul bark, infusion of sweet flag, bael, Butea gum, galls, decoction of pomegranate, omum water, capsicum.

Dropsy: Purgatives like Kaladana in the young and strong persons. Then give medicines as infusion of Pedalium, decoction of Asteracantha which increase the flow of urine.

Drunkenness: To allay the craving for alcohol give omum water.

Dysentery: Hot fomentation or turpentine stupes to the abdomen. In the early stage give country ipecacuantia, isafgul seeds or sesamum leaves. In chronic dysentery give bael, infusion of Kariyat, decoction of pomegranate rind, decoction of sweet flag, galls, Mudar, soups containing mucilage of Abelmoschus.

Fever: Commence treatment with a purgative, castor oil or myrobalans. Give Tulasi tea with a little black pepper, a little dried ginger. During convalescence give one of the following tonics, Chiretta, Atees, bonduc, Kariyat, Neem bar, Gulancha or cinchona febrifuge. A combination of Chiretta or sweet flag root is very beneficial.

Flatulence: Give omum water, infusion of ginger or Jatamansi. Give turpentine stupes externally. Give an enema of asafoetida.

Gleet (Chronic gonorrhoea): Give cubebs, galls, sandal wood oil, gurjan balsam. Alum injection externally.

Gonorrhoea: Give decoction of Abelmoschus, isafgul. Rice conjee for allaying the pain and burning in passing urine. Pedalium is useful. When the inflammation subsides, give cubebs, gurjan balsam, sandal wood oil or galls. To relieve chordee (painful erection at night) give camphor 2 or 3 grains with a glass of milk.

Gums, ulceration and sponginess: Decoction of Babul bark, alum, Catechu, or lime juice for gargling.

Haemorrhage or bleeding from cuts: Apply cold water, ice, alum solution. Apply pressure with finger.

Hoarseness of voice: Inhalation of the vapour of hot vinegar, or decoction of Abelmoschus, gargles containing capsicum, black pepper or moringa root, chewing ginger or Catechu.

Hysteria: Asafoetida, aloes and asafoetida pills, Jatamansi, omum water, Kariyat.

Indigestion or dyspepsia: Chiretta, Sweet Flag root, country sarsaparilla, and Gulancha with cloves or cinnamon, capsicum and omum water, Kariyat.

Kidney, irritable state: Plenty of diluents as decoction of Abelmoschus, isafgul seeds or rice conjee, hot hip bath.

Leprosy: Internally chaulmugra oil, gurjan balsam, Hydrocotyle, Mudar; externally, poultice of Hydrocotyle or Neem leaves.

Leucorrhoea (Whites): Cubebs, gurjan balsam; externally vaginal injections containing Babul bark, alum, galls.

Lice on the hair: Paste of veronia seeds.

Milk, for increasing the secretion: leaves of castor oil plant or of physic nut plant. For diminishing or arresting the secretion betel leaves or jasmine flowers.

Mosquito Bites, to relieve irritation: Lime juice or vinegar.

Piles: Enema of decoction of Babul bark or galls, alum.

Ringworm: Apply borax, vinegar, cassia, alata ointment, unripe Papaya fruit.

Salivation: Use gargles of alum or borax or Catechu. **Scurvy**: Lime juice, orange, tamarind. **Skin Diseases:** Country sarsaparilla, Mudar. Externally, cassia alata, chaulmugra lime ointment, myrobalan ointment, sulphur ointment, turpentine, kerosene oil or petroleum. **Spermatorrhoea**: Camphor in milk at bed time. Remove thread worms and
constipation. The discharge may be due to irritation set up by thread worms and constipation. **Spleen Enlargement:** Papaya juice. Extract of Gulancha. **Syphilis**: Country sarsaparilla, Hydrocotyle, Mudar. **Throat, dry and irritable state:** Inhale vapour of hot decoction of
Abelmoschus. For relaxed or ulcerated sore throat use gargle of alum, capsicum, moringa, black pepper or pomegranate rind, Catechu, ginger, omum seeds, inhalation of hot vinegar or simple hot water.

Tongue fissures or cracks: Use borax or alum gargle.

Urine, to relieve pain and burning: Rice conjee, decoction of Abelmoschus or of isafgul seeds, barley water. Give hip bath.

Vaginal Discharges: Give injection of alum, decoction of Babul bark, galls.

Worms: For tape worm give Kamala, pomegranate root bark, or turpentine. For round worm give Butea seeds, veronia seeds or papaya juice. For thread worm give enema of lime water, asafoetida, salt or turpentine.

Appendix B

INDEX TO THERAPEUTIC ACTION

OF BAZAAR DRUGS

Alterative (Vyadha-bhedakari) is a drug that altersthe morbid or unhealthy processes in the body and re-stores the normal functions of an organ in some un-known way. It corrects or alters a poisoned condition of blood stream and restores healthy functioning. Example: Akrot (walnut), Adhatoda, white pumpkin, sarsaparilla, apamarga, chiretta, garlic.

Anaphrodisiac is opposite of aphrodisiac. It de-presses the sexual organ, e.g., camphor, etc.

Anti-Sialagogue: A drug or substance that reduces the flow of saliva.

Antiseptic (dhatu ksheenarothi) is a remedy that prevents putrefaction and inhibits the growth of germs, e.g., Ajowan, benzoin, tobacco, betel, nim oil, cloves, sugarcane, sandal, etc.

Antispasmodic (anghakarshana nasini): It is an agent or remedy that allays or relieves convulsions or spasmodic pains, e.g., opium, adhadhodha, cloves, Ajowan, cannabis, saffron, jadamanchi, tobacco, mint, asafoetida.

Antilithic is a medicine or substance that prevents the formation of stones in the gall-bladder, kidneys, urinary bladder, etc. e.g., coffee seeds, benzoin, mountain nim.

Anti-Philogistic: A remedy that reduces inflammation, e.g., opium.

Anti-Soporific: A remedy that prevents sleep and keeps one awake, e.g., tea, coffee, etc.

Antidote (Vishanasini): A remedy that counteracts the action of a poison, e.g., belledonna for opium, etc.

Antibilious (Pitthasanthini): A remedy that produces a soothing effect over diseases caused by excessive secretion of bile, e.g., ginger, lemon, cumin, coriander, etc.

Anthelmintic (Kriminasini): A remedy or medicine that either kills or renders powerless or expels intestinal worms (vermicide and vermifuge), e.g., bark of walnut, Adhatoda, black cumin, palas, asafoetida, bark of pomogranate, fruits and seeds, garlic, leaves and seeds of nim.

Antiperiodic: An agent that acts against the poison of periodic fever like malaria, e.g., apamarga, pepper.

Anti-Rheumatic (Vataharakari): A remedy that pre-vents the Vata diseases in the body, e.g., pepper, dried ginger.

Antispasmodic is a drug that acts against spasm of muscles. It reduces or prevents excessive muscular con-tractions, e.g., Valerian, Belladonna, Lobelia, etc.

Antipyretic: A remedy that reduces the temperature of fever, e.g., pepper.

Anodyne (Vedanasantani): A drug that gives relief from pain, e.g., opium, cannabis.

Aphrodisiac (Kamavardhini) is a medicine that stimulates the sexual passion, e.g., walnut, linseed, black-gram, cinnamon, cannabis, radish, nutmeg, jalamisri, asafoetida, dates, cashewnuts, lady's finger, methi seeds, betel.

Aromatic is a drug that stimulates digestion and appetite. It has good aroma, e.g., Cardamom, Spirit-Am-monia, Aromaticus, calumba, etc.

Astringent (Sankosanakari): A substance that causes contraction of organic tissues or arrests bleeding diarrhoea, etc., e.g., walnut, asoka, isafgul seeds, Ajowan, poppy seeds, Bengal-gram, catechu, Madras nut coloured, Ragi, guava, Horse-gram, sandal, cumin seeds, triphala, apamarga, jambul, mint,

mangusteen, gall-nut, pomegranate bark and seeds, bael fruit, methi seeds, betel, gum arabic.

Cardiac Depressant (Apakarshanakari) is a drug or substance that retards or depresses the action of the heart.

Cardiac Stimulant (Brudushnakari) is a remedy that stimulates the heart, e.g., chillies, coffee.

Carminative (Udharavathaharakari): A drug that expels wind from the bowels and relieves pain and corrects digestion, e.g., ginger, cloves, cinnamon, long pep-per, nux vomica, lemon, cardamom, Ajowan, coriander, nutmeg, cumin seeds, dried ginger, mint, asafoetida, turmeric, pepper, tailed pepper, methi seeds, garlic, white pepper, betel.

Cathartic: A drug that promotes evacuation from the bowels. It is divided into (1) laxative which induces gentle bowel movement, e.g., figs, prunes, phenolpthalin etc., and (2) purgative which produces copious, repeated and more watery motions, e.g., Pulvis, Jalap, Croton, etc.

Chologogue (Pithakari): A remedy that promotes the secretion or excretion of bile, e.g., podophyllin, walnut seed.

Cordial (Rakthavardhani) Blood tonic: A drug that improves the quality and quantity of blood, e.g., fig, sarsaparilla.

Depurative (Malina-nivartini): A remedy that purifies the animal economy, e.g., Palas.

Deodarant (Bhutigandha nasini): A remedy that destroys, removes or corrects offensive odour, e.g., Benzoin.

Demulcent (Antar Snigdhakari): The drug that soothes or protects the mucous membrane, e.g., liquorice, linseed, isafgul, black-gram, sesamum, cucumber, poppy seeds, gum, sugarcane, wheat, grapes, tulasi, sarsaparilla, Jack, barley, dates, plantain fruit, wood apple, onion, lady's finger, methi seeds.

Diaphoretic is a drug that produces increased perspiration. It reduces fever by inducing increased perspiration, e.g., Hyoscyamus, Spirit Acthenia, Nitrosi etc.

Discutient: An agent that causes disappearance of swelling, e.g., nim leaves.

Disinfectant (Aganduka-roka-nasini): A remedy that destroys germs and prevents fermentation and putrefaction, e.g., Vasambu.

Digestive (Pachana Kari): A drug that promotes digestion, e.g., ginger, bael, Ajowan, cumin, black pepper.

Diuretic (Mootra Vardhani): A drug that increases the flow or secretion of urine.

Ecbolic is a drug that increases the activity of a pregnant uterus.

Emitic (Vamana Kari): A remedy that causes vomiting, e.g., salt, mustard, copper sulphate, alum, dhatura, tobacco.

Emnzenagogue (Ritu-vardhani): A remedy that stimulates and regulates the menstrual flow, e.g., pine-apple, Adhatoda, linseed, sesamum, black cumin, saffron, papaya, asafoetida, onion, methi leaves.

Emollient (Snigdhakari): An agent which by external application soothes the skin, e.g., castor oil, vase-line, isafgul, gum arabic, lady's finger, methi seeds, groundnut.

Errhine (Sirovirechani): A drug when applied to the mucous membrane of the nose, increases nasal secretion, e.g., tobacco.

Expectorant (Kaphaharakari): A drug that pro-motes expectoration of phlegm or sputum, e.g., liquorice opium, Adhatoda, jadamanchi, benzoin, tulasi, asafoetida, dates, tailed pepper, onion, garlic.

Febrifuge (Jvaraharakari): A remedy that lessens or removes fever, e.g., Bael leaves, betel, pepper, etc.

General Anaesthetic is a drug or substance that stops bleeding by cogutating the blood or contracting the arteries and arterioles, e.g., Calcium-chloride, pituitrin, opium, adrenalin, etc.

Germicide (Kriminasani): A remedy that destroys the microorganism or germs, e.g., Adhatoda, Vasambu. Also see Anthelmintic. Haemostatic (Raktha sthambhanakari) is a drug that arrests or restrains bleeding, e.g., opium, pineapple, white pumpkin, pomegranate, gall-nut.

Hepatic (Yakrutha balakari) is an agent or medicine that tones the action of the liver, e.g., ammonium chloride, etc.

Hydragogue (Jalavirochani): A drug that produces watery motions by inducing free secretion from the intestinal glands and removing much serum from the intestinal blood vessels, e.g., croton.

Hypnotic or Soporific (Nidrakari) is a drug that induces sleep, e.g., opium, cannabis. For opposite action see Antisoporific.

Lactagogue (Ksheeravardhini): A remedy that in-creases the secretion of milk in the breasts of nursing mothers, e.g., linseed, cotton-seed extract, potatoes,

Blackgram, seasamum, black cumin seeds, methi seeds, betel. Lactifuge (Ksheeranasini): An agent that reduces or stops the secretion of milk in the breasts, e.g., the bark of walnut, Arabian jasmine.

Laxative (Malakari): A remedy that loosens the bowels, a mild purgative, e.g., walnut seeds, liquorice, fig, castor oil, linseed, potatoes, sesamum, Ben-gal-gram, sugarcane, grapes, amalaka, myrobalan, papaya, tamarind fruit, asafoetida, methi leaves, groundnut.

Local Anodyne (Charmaveda nasandani): An agent which relieves pain in the skin (locally).

Local Anaesthetic (Smritirodhakari): A substance that produces less of sensation locally, e.g., oil of cloves, ice, cocaine, etc.

Local Stimulant: A drug that irritates the skin locally.

Lithontriptic (Pashanabhedini): A remedy that has the power of dissolving the various stones in the body, in the gall-bladder, kidneys and urinary bladder, e.g., Benzoates for phosphatic and alkalis for uric acid caculi in the urinary tract.

Mild Diuretic (Laghu-mootra vardhini) is a drug or substance that slightly increases the flow or secretion of the urine.

Muscular Tonic is a drug that tones up the muscular tissues, e.g., the seeds of pomegranate, Madras-nut (kalipakku).

Narcotic: A drug or remedy that produces nacrosis or stupor, e.g., opium, stramonium or dhatura, cannabis, nutmeg, tobacco. Also see Hypnotic or Soporific.

Nervine Tonic: A remedy that causes nervous excitement or gives tone to the nervous system, e.g., Brahmi.

Nervous Sedative (Nadisamanakari): A remedy that produces a soothing influence by lowering the functional activity of the nervous system. Eg. Potatoes, opium, cannabis.

Nutrient or Nutretic (Poshanakari): A drug that nourishes the body as a whole, e.g., Lavang (cloves), black-gram, seasamum seeds, cucumber, poppy seeds, sugarcane, white pumpkin, wheat, ragi, sweet-potatoes, maize, grapes, green-gram, barley, jack, date, plantain fruit.

Parositicide (Krumikni): An agent that kills para-site, e.g., Black cumin.

Parturifarient (Prasavakari): A remedy that induces the labour pain in order to hasten the delivery, e.g., Cannabis.

Purgative (Virechani): A remedy that causes copious watery evacuation of the bowels, e.g., castor oil, croton, jalap, etc.

Refrigerant (Seetalakari) is a drug that has cooling properties or lowers the bodily temperature, e.g., walnut

black-gram, sandal, lemons, Bengal-gram (Chana), sugarcane, sweet-potatoes, grapes, coconut water, amla, green grass, mint, leaves of tamarind, dates, pomegranate fruit, wood apple, lady's finger, methi leaves, cu-cumber.

Resolvent: An agent that causes the absorption of inflammatory or other swelling, e.g., pepper, hill nim flower.

Restorative is a drug or medicine or food that is efficacious in restoring one to health and vigour.

Rubefacient (Shonakari): A drug that produces reddening of the skin.

Sedative (Samanakari): A substance that produces a soothing effect by lowering functional activity, e.g., opium, cannabis, tobacco.

Siologogue (Dhravakari): A drug that increases the flow of Saliva. E.g., ginger, Ajowan, tobacco, betel.

Stimulant (Ushnakari): A remedy that exites the functions of an organ or some process of the body economy, e.g., opium, ginger, nux vomica, sesamum, Ajowan, cannabis, coffee, saffron, coriander, jadamanji, sandal, cardamom, cumin, dried ginger, Tulasi, chiretta, mint leaves, turmeric, chillies, pepper, resin, radish, tailed pepper, onions, garlic, betel, ghee.

Stomachic (Jatharagni Vardhani): An agent that invigorates the functional activities of the stomach, e.g., Ajowan, ginger, cloves, black cumin, cardamom, saffron, coriander, cumin, dried ginger, jambul, chiretta, mint, dates, chillies, radish, bael, garlic, betel, nim flower.

Sudorific is a drug or substance that increases the flow of perspiration and reduces high temperature in fever, e.g., Tr. Hyoscyamus, Spt. Aetheris Nitrosi, Lqr. Ammonia Acetetics, etc.

Tonic (Balakari): A drug that restores the normal tone of the body, e.g., Akrot, black-gram, sesamum, Ajowan, white pumpkin, horse-gram, sarsaparilla, chiretta.

Uterine Tonic: A drug that tones the uterus, e.g., Asoka.

Uterine Sedative: A remedy that produces a soothing effect on the uterus by lessening its functional activity, e.g., Asoka.

Vermicide is a drug that kills the worms in the Bowles, e.g., Santonin, Betanaphthol, oil of chenopodium, etc.

Vermifuge is a drug that causes expulsion of worms from the Bowles.

Vesicant (Tuvakspotakari): A drug that produces vesicles and blisters when applied to the skin, e.g., mustard.

Appendix C

WEIGHTS AND MEASURES

Weights and measures, especially the domestic measures, vary greatly in size from place to place, in different countries, and in different localities. The following tables give the standard figures.

A. Apothecaries' Weights

1 grain		½ ratti
60 grains	1 drachm	4 mashas
8 drachms	1 ounce	½ chattak
16 ounces	1 pound	1 seer

B. Apothecaries' Measures

1 minim		½ ratti
60 minims	1 fluid drachm	4 mashas
8 fluid drachms	1 fluid ounce	½ chattak
16 fluid ounces	1 pint	12 seer
2 pints	1 quart	1 seer
4 quarts	1 gallon	4 seer

C. Metric Units

1 gram or gramme	15 grains	1 masha 1 seer 1 ½
1 kilogram (kg.)	2.2 pounds	chattaks 1 seer 1 ½
1 litre	2.2 pounds	chattaks

D. Indian Weights

		Foreign Equivalent
1 ratti		2grains or 2 minims
2 rattis	1 masha	15grains or 1 drachm
12 mashas	1 tola	180grains or 3 drachms
5 tolas	1 chattak	2 ounce
4 chattaks	1 pao	1/2pound or 1/2 pint
4 pao or 16 chattak	1 seer	2pound or 1 quart
5 seers	1 panseri	10pounds or 10 gallons
8 panseries	1 maund	
or 40 seers		80pounds or 10 gallons

E. Domestic Measures

		Indian Equivalent
1 drop	1 minim	1bond or 1/2 ratti
1 pinch	15 grains	1 masha
1 saltspoonful	1/2 drahcm	2 mashas
1 teaspoonful	1 drachm	4 mashas
1 dessertspoonful	2 drachms	8 mashas
1 tablespoonful	1 ounce	1/2chattak
1 eggspoonful	1 ounce	1/2chattak
1 cupful or teacupful	5 ounces	21/2 chattak
1 breakfastcupful	8 ounces	1/4seer or 1 pao
1 large cupful	10 ounces	5chattaks
1 small wine-glassful	1 1/2 ounces	3/4chattak
1 wineglassful	2 ounces	1chattak
1 glassful	12 ounces	11/2 pao or 6 chattaks
1 large glassful	1 pint	1/2 seer
1 tumblerful	10 ounces	5chattaks

1 large tumblerful	12-16 ounces	1 1/2 pao to 1/2 seer
1 canful	2 galons	8 seers
1 large canful	3 gallons	12 seers
1 tubful	30 gallons	3 maunds

Appendix D

NAMES OF BAZAAR MEDICINES

ASAFOETIDA (Ferula Asafoetida)

Tamil. Perungkayam	Kanarese. Ingu
Telugu. Inguva	Hindi. Hing
Malayalam. Perungayam	Sanskrit. Hingu

ATI-VISHA

Tamil. Ati-vidayum	Kanarese. Bhangura
Telugu. Ativasa	Hindi. Atis
Malayalam. Athi-vidayam	Sanskrit. Ati-visha

BAEL (Aegle Marmelos)

Tamil. Vilvam	Telugu. Bilvamu
Malayalam. Kuvalan	Kanarese. Bela
Hindi. Bel	Sanskrit. Bilva

BALA (Pavonia zeylanica)

Tamil. Chittramutti	Malayalam. Karunthotti
Telugu. Chittamutti	

BASTARD TEAK (Butea Frondosa**)**

Tamil. Palasu, Purasu	Kanarese. Muttagamara
Telugu. Moduga	Hindi. Dhara
Malayalam. Murukkamaram	Sanskrit. Palash

BELERIC MYROBANS (Terminalia Belerica**)**

Tamil. Thanikai,Thantrikai	Kanarese. Tanri-kayi
Telugu. Thandra-kaya	Hindi. Bhairah
Malayalam. Thannikai	Sanskrit. Vibheethaki

BHRINGARAJ (Eclipta Prostrata)

Tamil. Karisalan kanni	Kanarese. Kadige-garage
Telugu. Guntagalijaeru	Hindi. Bungrah
Malayalam. Kanjunni	Sanskrit. Bhringaraj. Kesaranja

BISHOPS WEED (Ptychotes)

Tamil. Omam	Kanarese. Voma
Telugu. Vamu	Hindi. Ajvain
Malayalam. Omam	Sanskrit. Yavani

BITTER GOURD (Momerdica Charantia)

Tamil. Pakal	Kanarese. Hagala
Telugu. Kakara	Hindi. Karela
Malayalam. Paval	Sanskrit. Karavalli

BLACK PEPPER (Piper Nigrum)

Tamil. Milagu	Kanarese. Menasu
Telugu. Miryalu	Hindi. Kali Mirch
Malayalam. Murumulaku	Sanskrit. Maricha

BOTTLE GOURD(Lagenaria Vulgaris)

Tamil. Churaikai	Kanarese. Kahisore
Telugu. Anapakaya	Hindi. Lauki
Malayalam. Chura	Sanskrit. Alabu

BUTTERFLY PEA(Clitoria ternatia**)**

Tamil. Kakkanam	Kanarese. Shankapushpa
Telugu. Dintana	Hindi. Aprajita
Malayalam. Shangupushpam	Sanskrit. Shanka-pushpa

CARDAMOM

Tamil. Elam	Kanarese. Elakki
Telugu. Elakkaya	Hindi. Elachi
Malayalam. Elattari	Sanskrit. Ela.

CHIRETTA (Gentiana Kuruva)

Tamil. Nilavembu	Kanarese. Nelavepu
Telugu. Nelavemu	Hindi. Kiryat
Malayalam. Nilaveppa	Sanskrit. Kirtha-thikta

CHEBULIC MYROBALAM (INK-NUT)

(Terminalia chebula)

Tamil. Kadukkai	Kanarese. Anile-kai
Telugu. Karakkaya	Hindi. Pile Hara
Malayalam. Katukkai	Sanskrit. Haritaka

CINNAMON

Tamil. Karuvapattai, Lavanga-pattai	Kanarese. Dala-chini
Telugu. Dachina-chekka	Hindi. Dal-chini
Malayalam. Lavanga-patta	Sanskrit. Twak

CINNAMON LEAVES

Tamil. Lavangapattri	Kanarse. Lavangapatra

Telugu. Lavangapatri
Malayalam. Lavangapatri
Hindi. Tejpatta
Sanskrit. Lavangapatram

CLOVES (Caryophyllum**)**

Tamil. Krambu
Telugu. Lavangalu
Malayalam. Karampu
Kanarese. Lavanga
Hindi. Laung
Sanskrit. Lavangam

CLEARING NUT TREE

Tamil. Thettran
Telugu. Chilla-chettu
Malayalam. Tettamaram
Kanarese. Chalimara
Hindi. Nirmali
Sanskrit. Kataka

COLOEYNTH, FRUIT OF

Tamil. Artu-tumatti
Kanarese. Hava-mekke-kayi
Malayalam. Pei-kumatti
Telugu. Etti-puchcha
Hindi. Indrajow
Sanskrit. Indra Varuni

CROTON(CrotonTiglium**)**

Tamil. Nervalam
Telugu. Nepalam
Malayalam. Nervalam
Kanarese. Japala Beeja
Hindi. Jamalgotta
Sanskrit. Danthi

CUMIN SEEDS(Cuminum Cyminum**)**

Tamil. Jirakam	Kanarese. Jiriga
Telugu. Jilakarra	Hindi. Zira
Malayalam. Jirakam	Sanskrit. Jirakam

DATES(PhoenixDactylifera**)**

Tamil. Perichchu	Kanarese. Kharjura
Telugu. Karjuramu	Hindi. Khajur
Malayalam. Perichcha	Sanskrit. Kharjjuram

DATURA

Tamil. Umattai	Kanarese. Ummatte-gida
Telugu. Ummeththa	Hindi. Dhatura
Malayalam. Ummath-tham	Sanskrit. Datura

DRIED GINGER(Zingiber Officinales)

Tamil. Chukku	Kanarese. Ona-sunti
Telugu. Sonthi	Hindi. Sonth
Malayalam. Chukka	Sanskrit. Nagaram

FENUGREEK (Triginella Foenum)

Tamil. Vendayam	Hindi. Methi
Telugu. Menthulu	Sanskrit. Methi
Malayalam. Venthyam	

FIG (Ficus Glomerata)

Tamil. Atti
Telugu. Atti
Malayalam. Atti
Kanarese. Atti
Hindi. Gular
Sanskrit. Udumbara

GALANGAL(SmallerandBigger**)**

Tamil. Arattai
Telugu. Sanna-rashtramu,
Hindi. Khulamjan
Malayalam. Aratha
Kanarese. Rasmi
Dumpa-rashtramu
Sanskrit. Rasna

GARDEN RADISH (RaphanusSativus**)**

Tamil. Mullangi
Telugu. Mullangi
Malayalam. Kankapal
Kanarese. Mullangi
Hindi. Muli
Sanskrit. Moolaka

GARLIC(AllumSativum**)**

Tamil. Vellulli, Vellai-Poondu
Telugu.Vellulli, Thella-gadda
Malayalam. Vellulli
Kanarese. Belluli
Hindi. Lahsan
Sanskrit. Lasuna

GINGER

Tamil. Inji
Telugu. Allamu
Kanarese. Hosa-sunthi
Hindi. Adrakh

Malayalam. Inji

Sanskrit. Ardhrakam

GRAPES(VitisVinifera**)**

Tamil. Thrakshai

Telugu. Draksha

Malaylam. Draksha

Kanarese. Draksha

Hindi. Munakka

Sanskrit. Draksha

HIMALAYAN RHUBARB

Tamil. Iravalchinni

Telugu. Nattu-revalchinni

Kanarese. Nat-reva-chinni

Hindi. Revand-chini

Sanskrit. Reval-chini

INDIAN ACONITE(Aconiturn Ferox**)**

Tamil. Nabhi

Telugu. Vatsanabhi

Kanarese. Vatsa-nabhi

Hindi. Bachhnag

Sanskrit. Vatsanabhi

INDIAN ALOES(AloePerfoliata)

Tamil. Kartazhai

Telugu. Kalabanda

Malayalam. Kathu-vazha

Kanarese. Kathalai-gida

Hindi. Ghikauvar

Sanskrit. Kumari

INDIAN GOOSEBERRY(Phyllanthus Emblica**)**

Tamil. Nellikai
Telugu. Usirikai
Malayalam. Nellikai
Kanarese. Nellikai
Hindi. Amla
Sanskrit. Amalaki

INDIAN HEMP (Cannabis saliva)

Telugu. Ganjayi
Malayalam. Kanjah
Sanskrit. Siddhapatri,Vijaya
Kanarese. Ganja
Hindi. Bhang

INDIAN LADURNAM (Purging Cassia)

Tamil. Sarakkonrai
Telugu. Rela-kayalu
Malayalam. Konna
Kanarese. Kakke
Hindi. Amaltas
Sanskrit. Aragvadham

INDIAN SARSAPRILLA(Hemidesmus Indicus**)**

Tamil. Nannari
Kanarese. Sugandhapalada
Malayalam. Nannari
Telugu. Sugandhi
Hindi. Magrabu
Sanskrit. Sariba

INDIAN ORTINNEVELLYSENNA

(Cassia lanceolata**)**

Tamil. Nila-varai, Surta-varai
Telugu. Nela-tangedu
Kanarese. Nela-varike
Hindi. Sunnamukti

Malayalam. Nila-veka

INDIAN WATER CHEST-NUT (Trapa Bispinosa)

Tamil. Pannimonthan. Kizhangu

Telugu. Parigadda

Hindi. Singhara

Malayalam. Mullikkaya

Sanskrit. Sringatakka

JAMBUL (Eugenia Jambulana)

Tamil. Naval

Kanarese. Naeralu

Telugu. Neredu

Hindi. Jaman

Malayalam. Gnaval

Sanskrit. Jambu

JEQUIRITY I (Glycyrrhizae Radix)

Tamil. Ati-maduram

Kanarese. Ati-madhura

Telugu. Ati-madhuramu

Hindi. Mulatthi

Malayalam. Ati-madhurum

Sanskrit. Yashti Madhukam

JEQUIRITY II (Arbus precatorius)

Tamil. Kundrimani

Kanarese. Gul-ganji

Telugu. Guri-ginja

Hindi. Gunj

Malayalam. Kunni-kuru

Sanskrit.Gunja

KANTA KARIKA (SolanumJacguini)

Tamil. Kandangkathri

Malayalam. Kantankaththiri

Telugu. Nela Mulaka-vakudu

Hindi.Bhat-katai, Kateli

Kanarese. Nela-gulla Sanskrit. Kanta Karika, Nideghika

KHADIRA-SARAM (Uncaria Gambier)

Tamil. Kath-thak-kambu Kanarese. Kachu

Telugu. Kanchu Hindi. Kattha

Malayalam. Katta Sanskrit. Khadira-saram

LINSEED

Tamil. Alisivirai Kanarese. Alashi

Telugu. Atasi Hindi. Alsi

Sanskrit. Atasi

LONG PEPPER (PiperLongum:Chavica Roxburghi)

Tamil. Thippili Kanarese. Hippili

Telugu. Pippallu Hindi. Pipul

Malayalam. Thipili Sanskrit. Pippali

LONG PEPPER, ROOT OF

Tamil. Thippili-mulam Kanarese. Hippili-beru

Telugu. Pippili-mulam Hindi. Felfelai Moya

Malayalam. Kattu-thippili Sanskrit. Pippalee-moola

MAHABALA(Pavoniaodarata**)**

Tamil. Peramutti Kanarese. Balarakkasi-gida

Telugu. Padamuttavapulagamu Hindi. Sugandu-vala

Malayalam. Peramutti Sanskrit. Mahabala

MANY SPIKED FLACORTIA

(Flacourtia cataphracta)

Tamil. Thalisa-paththiri
Telugu. Talispatram
Malayalam. Talisapatri
Kanarese. Talispatram
Hindi. Talispatra
Sanskrit. Talisapathra

MALABAR NUT

Tamil. Adatodai
Telugu. Addasaram
Malayalam. Ata-lotakam
Kanarese. Adasagesappu
Hindi. Arusa
Sanskrit. Vasaka

MARGOSA TREE (MeliaAzadirachta **)**

Tamil. Vembu
Telugu. Vepa
Malayalam. Veppa
Kanarese. Bevina
Hindi.NIm
Sanskrit.Nimba

MINT (Mentha Sativa**)**

Tamil. Puthina
Telugu. Pudina
Malayalam. Putiyina
Kanarese. Chetni-maragu
Hindi.Pudina
Sanskrit.Pudina

MEENAKSHI (Altemanthera Sessiles**)**

Tamil. Ponnangkani
Telugu. Ponnagantikura

Kanarese. Vanagone soppu
Malayalam. Minankanni
Sanskrit. Meenakshi, Mathsyakshi

MUDAR (Calotropis Gigastea**)**

Tamil. Erukku
Kanarese. Yakkeda-gida
Telugu. Jilledu chettu
Hindi. Ak, Akan, Akond
Malayalam. Erukka
Sanskrit. Arka

NUTMEG (Myristica Officinalis**)**

Tamil. Jadikayi
Kanarese. Jajikayi
Telugu. Jajikaya
Hindi. Jae-phal
Malayalam. Jatikkaya
Sanskrit. Jati-palam

NUX VOMICA (Strychnos Nux-Vomica**)**

Tamil. Yetti
Kanarese. Mushti
Telugu. Mushti
Hindi. Kuchla
Malayalam. Kanjiram
Sanskrit. Visha-mushti

OAK-GALLS (Quecuo Infectola**)**

Tamil. Machikkai
Kanarese. Machi-kayi
Telugu. Machikaya
Hindi. Mazhuphal
Malayalam. Masikkaya
Sanskrit. Machika

OPIUM

Tamil. Abhin

Telugu. Nallamandu

Malayalam. Karappa

Kanarese. Aphimu

Hindi. Hafeem

Sanskrit. Ahipehnam

POPPY SEEDS(PapaverisCapsiclatoe)

Tamil. Kasakasa

Telugu. Gasagasalu

Malayalam. Kasha-kasha

Kanarese. Kasa-kasa

Hindi.Posth-dana

Sanskrit. Khas-khas

PIPER LANCEOLATE (cindapsusOfficinalis**)**

Tamil. Anaitippali

Telugu. Gaja-pippallu

Malayalam. Anathippali

Kanarese. Dodda-hippalli

Hindi.Bari-pipli, Gaj-pipli

Sanskrit.Gaja-pipali

PRICKLY CHAFF (AchyranthesAspera**)**

Tamil. Nayuruvi

Telugu. Uttareni

Malayalam. Kadaladi

Kanarese. Uttaranee

Hindi. Chirchira

Sanskrit. Apamarga

PUNARNAVA(TrianthemaDecandra**)**

Tamil. Sattichcharanai

Telugu. Tella-ghalijeru

Malayalam. Tavizhama

Kanarese. Jafja-soppu

Sanskrit. Punarnava

RINGWORM SHRUB (Cassia Alata**)**

Tamil. Vandu-kolli
Telugu. Shima-avisi
Malayalam. Shima-akati
Kanarese. Shimi-gida
Hindi. Dadmurdan
Sanskrit. Dadrughna

SERPENT CUCUMBER (Trichosanthes anguina**)**

Tamil. Pudal
Telugu. Potla
Malayalam. Pudala
Kanarese. Padavala
Hindi. Chichinda
Sanskrit. Chinchindaha

SHATAVARI

(Asparagus Sarmentosus or A. Racemosus)

Tamil. Thannir-vittan
Telugu. Pillipesara
Malayalam. Sataveri
Kanarese. Satmula
Hindi. Satavare
Sanskrit. Shatavari

SWEET BASIL

Tamil. Tiruneetrupachchai
Telugu. Vibudi-patri
Malayalam. Tirunitru-pachcha
Kanarese. Kamakasturi
Hindi. Sabzah
Sanskrit. Visva Tulasi

SWEET-INDRA JAO (WrightiaTinctoria)

Tamil. Vetpalai

Telugu. Kodisha

Malayalam. Kutakppala

Hindi. Mitta Indra Java

Sanskrit. Indra Yava

SWEET-FLAG (Acorus Calamus)

Tamil. Vasambu

Telugu. Vasa

Malayalam. Vayambu

Kanarese. Baja

Hindi. Bacha

Sanskrit. Lankesaha

TALL-PEPPER (Cubebs—Cubeba Officinalis)

Tamil. Val-milagu

Telugu. Toka-mirialu

Sanskrit. Sugandha-muricha

Kanarese. Gandha Menasu

Hindi.Kabab(Sital)-chini

Malayalam. Val-milaku

THYME-LEAVED GRATIOLA (Herpestis Monniera)

Tamil. Nir-Brahmi

Telugu. Shambranichettu

Malayalam. Nirbrahmi

Kanarese. Nir-Brahmi

Hindi. Barambhi

Sanskrit. Mandukaparni

VALERIAN ROOT (Valerinae Rhizoma)

Tamil. Jadamanji Hindi. Vilayati-jatamasi

Telugu. Jadamamsi Sanskrit. Jatamamsi

Malayalam. Manji

VIDANGA (Embelia Ribes)

Tamil. Vaivilangam Kanarese. Vayi-vulanga

Telugu. Vayu-vilangamu Hindi. Bai-badang

Malayalam. Vizhalari Sanskrit. Vidanga

VISHNU GANDHA (Evolvulus Alsinoides)

Tamil. Vishnu Kiranthi Kanarese. Vishnu-kranti

Telugu. Vishnukranthi Hindi. Shankapushti

Malayalam. Vishnu-kranti Sanskrit.Vishnu-kranta Vishnu-gandha

WALNUT (Juglans Regia)

Tamil. Akrottu Telugu. Akrotu

Sanskrit. Akshotas Hindi. Akhrot

WHITE PUMPKIN

Tamil. Kaliyana pushnikkay Telugu. Budidagummadi

Kanarese. Bude-kumbali-kayi Hindi. Petha

Malayalam. Kumpalam Sanskrit. Kushmandam

WINTER CHERRY II (Withania Somnifera)

Tamil. Amukkurak-kizhangu

Telugu. Penneru-gadda

Malayalam. Amuk-kuram

Kanarese. Sogade-beru

Hindi. Asyandu

Sanskrit. Asvagandha

YELLOW CHAMPA (Michelia Champaca)

Tamil. Shanbagam

Telugu. Sampengapuvvu

Malayalam. Chamaka-pu

Kanarese. Sampagahuvvu

Hindi. Champa

Sanskrit. Champaka

Thank You